

# ***The Magical Faculty!***



**Through magical contact lenses**

A World view

by Benedikte Eva



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## A magical world view!

Imagine that you put on a pair of colored contact lenses. When you look at the world it then seem to be colored in the color of the lenses. After a while you get used to seeing the world like this and you do not notice the color anymore. Our beliefs about our selves and the world are metaphorical equivalent to the color of the lenses, we are so used to how the world looks through our beliefs that we rarely stop to wonder how the world really is or if it could be different.

The teachings of The Magical Faculty offers another set of metaphorical contact lenses, that gives an opportunity to work with our life and experience, thought and feelings in a magical, creative and in my opinion funny way.

The teachings of The Magical Faculty are to be seen as a work model for creating your own life experience, not as any absolute truths.

## What is magic?

*Magic: a secret or mysterious power through fantasy and will.*

The secret and mysterious power is mind, and though inexplicable not so secret, because the mind field is really that which contains our experience of our selves, our lives, our bodies, and our experience of a physical world as thoughts, feelings, sensation and memories.

There are plenty of ways to do magic and a lot of different underlying world views in the minds of magic doers. The view promoted on these pages might eventually offer an explanation to why it works, and a lot of ways of doing magic can work with this view.

There is often made a distinction between 'black' and 'white' magic. That distinction is not made here. Magic is magic, but my own personal moral viewpoint is that I only use magic for my own purposes in a way that does not seek to take control over other beings life and/or property unless it is a conscious made agreement. (as an example: when healing other people they allow me to briefly take control over their energy field and body trusting my intention to help them. And they'd made a conscious agreement with me about this, but even so you really can't take control over any other person unless they are willing to be the victim of your control).



## Why work with a magical worldview?

It might be that the physical world works like natural science suggests, but the world of the mind works differently since we can both fly and meet mythological creatures and do lots of other stuff here, that is not commonly considered as being normal experiences in the physical world of consensus.

Even in the scientific frame work of today, is it obvious that the world is affected by our thoughts, at least in the sense that our actions in the physical realm are guided by our thoughts and choices. Computers as an example would not have been a reality, unless a lot of thinking in the minds of lots of different people took place, and a lot of actions were taken because of this thinking.

I will go a little further than that and claim that it is possible to affect the physical world with our mind alone in ways that are not described by science or at least only is theoretical ideas. I will also claim that what goes on in our own minds is as valid as reality as is what we call the physical world. I will not philosophically discuss these claims but only make a work model for magic in the realm of the mind and treat the physical world as a band with of mind that works under certain rules of consensus, because it is a joint creation.

I do not know whether the world is best described as matter or mind or as both, but the view that the world consists of matter is practical when working with one area, an energy field theory is practical when you work in other areas and a magical theory can be practical when working in the area of the mind. The point is that the intention of this magical world view is to make a work model for an area of human life that affects all other areas. The point is not to state the truth, since I have no idea whether there exists a simple truth that can be understood fully through human language or not.

Our thoughts can effect the way we feel, and vice versa. When ever we think thoughts that diminish the quality of our lives, because it calls forward an unwanted sensation, emotion or feeling, we can work with our thoughts and by that change our emotional state. The other way around we can use our emotional states, sensations and feelings to actually change the structure of our living experience.

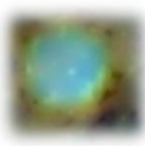


In our minds we can therefore work with our experience of our selves and our lives in a way I will describe as magical.

### **Practical use of magic**

There are many ways of working with magic. The method introduced here works with the basic idea that our beliefs structure the world we experience and our feelings and emotions is the energy that fuels and colors our experience.

We attach emotional states to our beliefs and our beliefs will, when repeated over and over in our minds, causes the emotional states, attached to the beliefs, on a continuous basis. If the emotional states we are experiencing diminish our life quality on a continuous basis, we can cause other states of emotionality by changing our beliefs and thereby also the structure of the world we experience. A belief can be seen as a spell, and the process of changing believes as a counter spell.



## A work model for the mind

### 3. may 2009. The wriggling Gold foliage.

*Today i start sharing my thoughts on the internet. I have made a deal with my self about paying attention and following the pictures I get in of what to do next, and trust that doing that I will be provided for. 5 minutes ago I got the picture that I should sit down and write 30 minutes, and put it on my webpage, so this is what I do.*

*I have a tendency to talk to my self all the time about what I have to do or ask my self the question of what do I want to do, and It seems to get me absolutely know where, so I will try this new approach of following the pictures I get of actions to do, and trust that these are the right actions to do at any present moment. To pay attention is merely to be present and enjoy life, any moment, and open up for the endless power in the universe.*

*The first thing I got in was a funny gold foliage energy that wriggles and has the potential to correct things. I had a cold which pretty much gave me some problems with breathing, and I let the gold foliage go down my throat in its wriggling manner and a few minutes later my breathing improved.*

*AS a magician I believe in healing and creating so it wasn't a big surprise for me, though for a long time I have had trouble manifesting anything enjoyable.*

*I wrote most of a book about a theory of magic, as a tool for working with mind or consciousness. The ideas in it is quite interesting (or I wouldn't have written it) but the writing seem to quite unclear and recently I discovered that the ideas in the book pretty much is based on having control over your life experience, instead of trusting the universe or the higher self, when following intuition. Trying to control things have always kept me in the dark, a place where everything stays the same and not much life is let in. And my basic idea with writing the book in the first place was to let creativity flow, but my belief about that material presented to a public should be oh so clear and structured, had me go in to a mental mode that is far from creative. So instead I will just write 30 minutes almost everyday and see what comes out of it, and in the process enjoy where the energy takes me.*

*Control over life experience instead of experiencing life in the present is not much fun. Have you ever tried a conversation where you either arguing to be right or a conversation that is only meant to make you feel safe or rater upholding the Status Quo, Ex.. Conversations about the weather?*



*Have you ever tried a conversation where you don't know what you will learn or where it will take you or what new thoughts will be created? The last type of conversation is the one I prefer, though I rarely experience it since I always put my self in the position of making people safe, and thereby not following my intuitions of what to say in the conversation. But I do not want to uphold the status quo since it is the dark place. Not that I want the things to shift all the time, I just want my experience to be a live experience rather than a dead one. Death here means stagnation and no movement at all, minus 273,15 'C.*

*Well it seems to me that I now have two approaches to life where one of them is knowledge based and the other one is based on intuition and attention. Maybe I can use them alongside each other.*

The above paragraph is from my 'sometimes writing' on my website, and I use it to start somewhere. In this paragraph I mentioned that I almost wrote a book. I wrote it in my native tongue (Danish) and I did it over a period about 6 months where I had a severe cough from being too rational and not taking care of my emotional well being and personal growth. It is kind of difficult reading because I use a lot of pages to question natural science while still using descriptions of how the world looks seen through the metaphorical contact lenses of natural science. I also tend to have a philosophical discussion of the truth value of my work model and magical approach, vs. the work model of science and the rational approach to things. For someone who already believes that the world isn't a giant mechanic coincidence it might be a waste of time reading those paragraphs, because it comes down to convince people and my self that it is perfectly valid and intelligible to believe in a magical work model for our living experience. So here I will just offer the conclusions of that work, instead of the whole argumentation for the validity of the work model.

### **Bridging worldviews**

If we start with the notion that we live in a world of matter: solids, liquids, gasses. Seeing how one can turn into each other because of the proper intensity of heat these solids can take a lot of different shapes like trees, lakes and air. The solids can be worked in to different shapes by the solids of our body and the light, winds and waters and so forth. A beautiful and plentiful world, where matter can meet matter in a firm structure which seems to follow certain patterns of behavior. A world where there lives animals and trees and life is growing and where we can find our way and live in through our senses, and move the solids, liquids and gasses of our bodies from



place to place. We know what to avoid: if a tree stands in your way, then change your course and move around it (or you might want to give it a nice warm hug, but the tree will still be standing). Then we can change our understanding of things from an understanding of a material world to an understanding of a reality consisting of energy and empty space, through which the energy can flow, merge and expand. We can call this the idea that everything is energy. The matter in the old world view then becomes something that is not solid, but energy on the move, merging and flowing in various structures where electricity becomes the glue that binds the world together and the movement of electrons that which ensures change and new connections of the energetic cores of stuff. And then again: these cores are not solid either. They also consist of energetic pulsations. Energy again, and everything is energy. Looking at the world through this set of lenses can give you the idea that the world we look at through our senses is only tip of the iceberg a set of 3-dimensional points in a multidimensional coordinate system. The sensations we have from the world only reveals a little bit about the energy movements that goes on in every event we experience.

The thing is that all we have is our experience, and changing worldviews might not really change the sensation of banging our heads into something solid. But eventually we can work in a different manner with that solid stuff than we could before. Destroy it with a laser as an example, which is pretty much the energy of light that is so concentrated that it has the potential to cut through stone, or rather to break the bindings of the electrons of the molecules in the stone.

In another model going further in to physics we end up with superstrings or not unfolded dimensions within the realms of the energy particles we can deal with through chemistry and physics. Superstring theory is as far as I know only a non proven theory, but then again scientific prove is only prove with in work models. If science comes up with a new theory that explains old empiric results and new results, then the world might look different. Not through our senses perhaps, we still have to go around the tree, but we might be able to take different actions in the realm of matter and get different results. What is great about the superstring theory is that it seems to open up for the idea that there is an unending amount of not yet unfolded possibilities of existence.

I don't know very much about the superstring theory, but I will like to use another old idea: All is mind. At least mind is the only thing we really have intimate knowledge of since we experience the



world with or in our minds. In Danish the words 'mind' and 'consciousness' covers somewhat the same concept so I might use these words somewhat different than an English speaking person, and I will therefore define them to my use.

Mind is mind and cannot be described as anything else, and is the basis of having an experience. Experience only takes place where there is a mind field. Consciousness is awareness of mind and what goes on in the mind field. The mind field is what contains all there is, have been and every will be existing and experienced.

I don't want to argue about it. Just as well as you can build up an entire theory on the notion: 'everything is matter' or 'everything is energy' you can do the same thing with 'everything is mind'. These are 3 different assumptions and it is possible to set up different systems from these assumptions. It is also possible to combine them or bridge the seemingly gap between them.

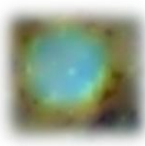
If we start looking at the world through the contact lenses or the world view 'all is mind' then we can look at the world of matter, as mind, viewed from a certain angle where we can only see a small part of what really goes on and we can call: the physical bandwidth of mind. We can then put on the world view that everything is energy and add some dimensions to our experience of life. If we add the contact lenses of 'all is mind' then we will add further dimensions to our living experience and new possible ways of working with our living experience. We can keep the other two models in mind. If we say that the experience of matter is the viewed creation of the mind and working with the energy idea is what creates the world of matter within mind then we have bridged the gap between the worldviews. This is exactly what I am going to do in setting up this work model for how you can create the life you want to experience.

But first I will have to say a little bit about things that I don't take for granted.

### **Knowledge and truth**

*'Well it seems to me that I now have two approaches to life where one of them is knowledge based and the other one is based on intuition and attention. Maybe I can use them alongside each other.'*

Knowledge as we know it in the linguistic framework of the human race, is in my view just a symbolic representation of some patterns in mind that we have chosen to be part of our living experience. You can say that they are points of reference so we can find our way in our experience. So knowledge is a creative structure we use for creating a certain framework of experience that we can build upon in a structure we can call space and time. Knowledge is creative in the sense that we



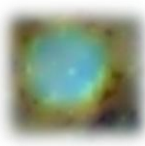
can shift between frameworks of knowledge that does not have to be coherent to each other. As an example we have some knowledge about societal concepts as the price on a bottle of milk, but that is only given knowledge within a certain financial structure. On the other hand we can have the knowledge of what happened in a dream last night that do not exists in the same knowledgeable framework as the financial structure. Knowledge is only knowledge from certain assumptions and truth is just the trademark of coherence between these assumptions and experience. Well there might be an absolute truth but that truth can not be expressed as symbols but only exists as all there is. When we use symbols do describe truth we only end up with these symbols and some experiences that fits those symbols.

What the concept knowledge can be used for is creating a frame of reference for experience. Setting up a structure where the things we 'know' are reference points for creating our living experience. It is like making a map of an area of existence, where the reference points keep the experienced world in place. How the earth move around the sun is a point of reference for life on earth as well as the earth is a reference point for our lives. And we expect the sun and the earth to keep doing what they do, in a framework of time and space.

### **Time and space**

Time and space are ways of viewing life. It is quite practical for setting up reference points for a meeting between different persons in the physical bandwidth of mind. The way we relate to time and space in the physical bandwidth of mind is just one of many ways to view time and space. In the realm of dreams, as an example, time and space can be totally different. I can attend a tea party with the emperor of China directly from my apartment in Denmark. Since I work from the basic assumption that 'All is mind', then thoughts and dreams and these kind of experiences is of greater importance to this work model than in a model focused mainly in the physical bandwidth. This means that the notion of time and space as we are raised with is only practical in the physical bandwidth of consciousness and we can work with our experiences from a whole different time and space perspective if suitable for what we want to create in our experience. I will return to alternate views on time and space later in the book, for a more practical use in working with magic.

### **Frameworks of thoughts**



Something we often associate with mind is thoughts. Thoughts are part of our environment in mind and we can choose what thoughts we want to focus on. Beliefs are thoughts that structure our living experience. Thoughts happen both in time and space as electrical impulses and outside conventional time and space as part of the mind. I am not my thoughts. The one that experiences and chooses between thoughts is who I am: a specific focus of all there is. Physical reference points like smells, sounds and other sensations can call forward specific thoughts so the physical bandwidth can be seen as a creation of reference points that calls forward specific thoughts and vice versa: thoughts can be used to create and place the reference points in the physical bandwidth, just as in all other areas of mind.

### Emotions and feelings

If thoughts and beliefs placed as reference points can be seen as that which structures our living experience then emotions are what fuels that structure. In the paragraph where I tried to bridge different world views, I mentioned the assumption 'everything is energy'. I still work from the assumption 'All is mind' and one of the forms mind takes is as energy. Energy then takes the seemingly form of matter, but the underlying reality in this world view is mind. In mind I will then define emotions as energy in motion, and feelings as the field around this energy in motion. Just as an electro magnet where there is a stream of energy through a leading material and a magnetic field around it. I will take this analogy further by stating that if we experience a state of stress it is because a lot of different emotional impulses go through our mind and body. If we imagine a lot of threads of leading metal where electricity was send through and these threads laid intertwined and crossing each other, then the magnetic field would probably be quite disturbed, and maybe the threads would melt down. If we have a feeling of love a lot of emotions might be present but often they tend to be harmonic. In the cases where I have been in love it was as if I almost had an energy bubble around me with a diameter about 3 meters.

Besides dealing with our beliefs as spells the other part of doing magic from this work model is working with creating clear emotional states and in these putting in a new spell or belief, which can structure our living experience. This can be done without trying to solve a problem but simply by making a metaphor for the unwanted emotional state and then transform it in to a more desirable feeling by telling a story. The metaphor tool is just one way of doing it. You can also work directly with the energy by simply sensing the energy and then counteract it with another energetic state.



But then again to counteract something with something you still need some reference points for the experience and reference points are in a way always symbols.

### **Intuition, presence and creativity**

Working with magic in this model of our living experience acquires some other tools than the intellect or rational thinking.

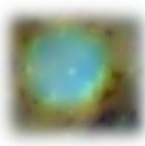
The intellect is a mental faculty designed to work in a framework of time and space from the idea of cause and effect. The intellect also serves as a communicative entity in our social and communicative frame works and works with words and other symbols. It is the faculty that also structures and recognizes structures or patterns and is therefore the rule follower or maker of the mind, most of our sciences today is created from the intellects pattern recognition skills and in a long time the intellect has been highly praised as the most desirable mental faculty.

The intuition shows you where the energy goes or where and how the most desirable emotional or energetic state is to be found. It can both do it as creative symbols through dreams and visions or/and as emotional impulses nudging us in the direction of fulfilling our values. Intuition can also show us the way towards value fulfillment and energy by shedding some light over choices the intellect presents to us in the framework of time and space. Intuition can also help us help other people. You could also say that intuition shows us, in whatever way possible, where there is flow in the energy. Following your intuition in whatever manner it reveals it self, most often makes you feel more alive and vibrant. Intuition is not like the intellect designed to work in a time, space and causal framework but can put all kind of things together, that seemingly has nothing to do with each other, it communicates through dreams, daydreams, emotions and often other people or books.

To get messages from intuition acquires our presence in the now-experience rather than the intellects focus on a timeline, and the cause and effect considerations.

Being present can be done easily, simply just by paying attention to what goes on around you, in your physical surroundings, your body and your thoughts, without having to change or control these different environments.

Creativity serves as a tool of the mind where you can actually work in different frame works than time, space and causality to try new combinations of things, that does not involve that time only have one direction, or that one event have to logically follow another.



## Meditation and mental housecleaning

An important tool for me when I work with magic is to be able to access a meditative state of mind. Thoughts happen all by themselves and sometimes the mind can get so clogged up with thoughts that it can be difficult to work with intuition and pay attention to what goes on in the presence. So cleaning up the mind from all unwanted problems the intellect displays and sees in your life and your future is a good idea, if you want to magically create your own living experience.

There are a lot of guides to meditation. A problem I had at a time in my life where I studied mathematics and philosophy was to relax both mentally and physically, even though it throughout my life had been natural for me to enter a meditative state. The Silva method has an excellent guided relaxation meditation, which finally had me relax again. After I got myself relaxed again all it takes for me to go in to a meditative state is to breathe deeply and close my eyes and allow whatever comes in to my mind to be there and then let go. Or I can sit near water and close my eyes and let some red energy flow out in the water and be replaced with a golden energy after a while. The idea in the meditative state is not try to control things, but rather let life flow. Between this floating images and inner sensations you can then choose some reference points for certain emotions and structures you want to see manifested in our life.

Mental housecleaning is something I do fairly often, when I am with people I tend to be presented with all kinds of intellectual problems, that there is no need to deal with. Whether they like me, did I do the right thing in that situation, what if something bad happens if I don't do so or so... old ways of thinking I learned during my childhood, from the framework of causality and the cultural framework I was born in. These ways of thinking, these habits of thought, causes nothing but fear and stress and the way to let it go is simply just letting go of them. If your mind is flowing natural in a slow pace as the waves on the beach on a sunny and quiet day or as clouds on a clear blue sky on a windier day, then there is no room for all kind of speedy concerns about irrelevant subjects.

## Value fulfillment

In this work model of the mind, values are defined as emotional states of minds (feelings) that are important to us and desirable. It can be love, peace, vitality, joy, connectedness and so forth. These feelings that are intrinsically valuable (we want to feel them for their own sake) are the energetic states we each and everyone try to fulfill, in manners we ourselves find suitable. Life is also of intrinsic value. Many of us believe we live in an unsafe universe where life can be taken away from

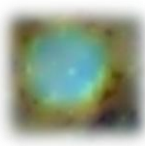


us all of a sudden, so therefore many people are focused mainly on maintaining life. And life should be maintained and cherished, but that does not mean that we should forget those other values, as part of living experience adding quality to that experience. Fear of losing those intrinsic values is often laying blocks in our way on the path to fulfill them, so not trying to hold on to them is a great idea if you want to have them. This is a quite funny paradox just as if you love somebody let them go.

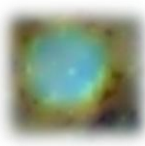
What will be a good idea on the path to value fulfillment is to create some reference points where it is easier to generate those energetic states of intrinsically value, but these values are only experienced in the present. This is good news whether it is old news to you or new news. It means that with regards to value fulfillment in live, no matter what you beliefs about your past is and how much you think you haven't fulfilled on values, you can do it right now, just by choosing and sharing these values by being with people when your are in these emotional states. Value fulfillment then becomes easy and there really is no strive to do anything.

### Creating your own life

Beliefs can be seen as the habits of thoughts that structure our living experience. Beliefs are repeated over and over again and again in our mind and we often see these beliefs displayed in our life, and therefore we continue to believe the validity of them. Beliefs are good to have if you want a living experience in the human framework of existence. But there are some beliefs that have a tendency to stop us from following our intuitions and fulfilling our values and purposes in life. The effectuation of these beliefs in the physical bandwidth can diminish the quality of our lives and emotional states by setting us in an emotional state of fear or depression (where life stops flowing) or stress where life flows in all directions in a chaotic way. The beliefs you have is yours. You have chosen them for a reason and you have reinforced them over and over again, and the life you live now, are a manifestation of those beliefs. The look and health condition of your present physical body is a manifestation of your belief about your body and self. Your physical surroundings are the display of which beliefs you have attached to you and choose to live in. Your relationships, the quality of them and what problems and conversations that goes on here is a display of which beliefs you're focusing on in the present. You might have changed beliefs about something in your life because you let your self be inspired to think something new, but a lot of old beliefs might still stop you from creating the life you want. So just change them, but also find out what you want to manifest instead in your creation of experience. It is of great importance to the magician to know



what he or she or it wants to create or not create. To do that it might be good to find a purpose of your live, as a reference point of which values you want to work on fulfilling through out your life. The next chapter of the book is dedicated to my own purpose and some practical ideas of how you can find yours if you haven't already become aware of your purpose.



## Purpose of my life

I have chosen the belief that all living creatures or entities have a purpose to fulfill and a way to fulfill it that is uniquely their own. Most living creatures live naturally according to that purpose. Partly in creation of the values they express, through living the kind of life they do, and partly by fulfilling these values. In the human historical framework I live in today, I have been taught that animals as an example are not as creative as humans are, and they just live by instincts; but even though they might not deal with symbols, like words, as we do, they deal directly with emotional realities that is just as much a language and a creative possibility (or even more so), than human language is. Humans have also access to these emotional realities and the creative possibilities of these realities, and the values we try to express by living our personal lives are also based on these emotional realities, and words and other rational symbols just acts like a way of putting the values of emotion into a reproducible structure in a certain framework of time and space.

Finding ones own path in a framework of words and societal norms or values can in my experience be quite difficult. At least it has been for me, because I learned through my upbringing and school experience to put labels on what I would do with my life. The question: ‘what will you be when you grow up?’ is a question that a lot of us have heard and tried to answer in childhood, but the question that I would like to have as a child would be something like: ‘what emotional values would you like to cultivate now and express in your adult life, and how would you do it?’ Well if you asked a child of today that question the child would probably have no clue what so ever how to answer the question. But with proper guidance a child might answer that it wants to cultivate relieve and safety and he or she could do that by saving lives and property as a fireman or whatever options there might be. If I had gotten the upbringing that taught me to take emotional values and their fulfillment into account I might have answered: ‘I want to cultivate the values of love, joy and deep inner peace and I want to do it by helping people to grow into fulfillment of their values by what ever creative measures it will take, and I want to do that through magic, my presence and creating art.

But since I did not learn to express my emotional values in my childhood I was only vaguely aware of my purpose. Throughout my life I was even so pointed in the direction of fulfillment through my extensive interest in magic and personal development, painting, music and figuring out how the world was through the theories of natural science especially physics. In my life I have been on a lot of roads in the educational system that mostly led to a structure of thoughts I couldn’t breathe in and I also ended up getting a lot of stress because my emotional values wasn’t fulfilled. The last road I

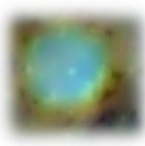


was on to try to fit into what I perceive as the societal frame in Denmark I was trying the educational road of philosophy at the university of Copenhagen. The first year went fine. I had chosen to begin the education to learn to write better, in order to write down some of these rather abstract thoughts I often have on how the world works. When I started my second year where I also tried to finish a course in probability math, I ended up with a severe cough that lasted for many months and stopped me from going to lectures. In that period I returned to my more creative work. Singing and playing music. Writing on a science fiction novel I had begun years before and so forth. I also began to listen to and follow my intuition, which only kept telling me that all I had to do was being creative and gather some energy. So I did that and after 6 months with this situation I finally had my purpose in life revealed, and here is what I wrote on that revelation:

#### May 4. An epiphany

*Last night i had an epiphany. I had trouble breathing because of a real bad idea that nobody really cared for me as me, meaning that I didn't feel supported in my purpose of life, which I by the way had only a slight idea what was. I knew it is something with magic but I have a tendency to try to put it under my control; to hold on to good things. The problem of holding on to good things whether it is thought or feeling is that holding on to anything, stagnate the energy, and when energy is frozen, life stops flowing and the good things end up being not so good.*

*Anyway; I was trying to meditate my self in to a normal breathing, using the gold foliage energy from the day before, and eventually had to lie down and try to get some sleep. While lying down, images of a Japanese or Chinese temple of the Gods started to appear around me, and a God with a lot of arms greeted me. I asked for healing because I really do not want to die and I was a little anxious at the time, and at the same time enjoying the joke I was playing on my self. The God asked me why I wanted to be healed, and I said that I was committed to take care of my son, he needed my guidance and my love, and I also had a purpose to fulfill by living. The God told me that my purpose was to create inner peace and a ground from which creation could flow unimpeded or helping others to fulfill their creative purpose. The God didn't really use words to tell me that but shoved me a picture of a peaceful garden in golden sunlight and a feeling that the plants and flowers in it was somehow helped to grow and be strong by my presence or energy. Then I was led to the greenery behind the temple. It was rather beautiful and really tight or rather compressed, like the space in the atoms where filled out with other possibilities for growth of the greenery. I kept that*



*picture in my mind as I went in to a small marketplace pavilion in the middle of the temple yard, and there a black snake were pulled from my chest.*

*During the epiphany I seemed to be shifting between my sofa and the temple.*

*Shortly thereafter I fell asleep from both worlds and woke up refreshed and well only with the aftermath of a normal cold to deal with, as far as my breathing was concerned. Not that breathing can be concerned.*

### **Sensing energy in a new way**

Since I had this epiphany that revealed the purpose of my life, I have learned more during meditation about that purpose. Some of the experiences I am having are energetic. In a meditative state and even in dreams I have begun to work directly with the emotional states as energy. It is as if I sense the states directly as energies merging, whirling around and sometimes counter acting or blocking each others. It is not that is see or hear, feel or smell the energies, it is more a direct sensing of it that do not need to be translated in to representations of the ordinary 5 senses. The sense impression that best describes this experience is like sensing the energy with the inside of the brain like everything in the brain was a center for sensing energies.

One of the things I've got revealed is that one of the things that really stops the free flow of energy towards fulfillment is a demand on productivity. In my understanding of the historical frame work of today, one of the main beliefs is that you have to be productive, to produce results. A lot of coaches on the internet are telling us to set up a goal for what you want to have or create and then make a lot of steps towards it. Whenever I start thinking like this I tend to go into a state of stress, where I am actually not able to do anything to work on these goals. Living to fulfill my purpose basically only involves my presence in life and when I write I just have to pay attention to the experience of what I want to share, the process of writing and that every natural growth takes exactly the time and space it needs. You send energy (sun, water, earth, air and electricity) to whatever creation you are helping to grow, and thereby giving it the best possible circumstances of growth. Adding your will to a faster process of growth to fulfill the demand of productivity is only crippling the creation, so the result is not as filled with life as it could be. With the purpose of growth it is therefore a great idea for me to follow intuition which shows us the way to the most vibrant energetic states. A creation can be an idea, and the manifestation of it in the physical bandwidth of consciousness is a seeding process, and helping it grow, is you, creating the time,



space and energy flow for that specific idea, and seeding the idea in other peoples mind by sharing it with whatever creative or communicative means possible.

### Finding a path to value fulfillment

Growth is for me a purpose with the aim of fulfilling the intrinsic value of life, whether it is life in the physical, mental or spiritual bandwidths of mind or whatever bandwidths there might be.

Growth as a purpose, seek to provide the energy and the framework for fulfillment of everything alive. Whether it is creatures or ideas they all need room and energy to grow. Energy is abundant and conscious and is in it self also something that grows, so from the world view ‘everything is energy’ well all that really grows is just the energy, no matter what form it takes. One of the impediments to the growth of this energy no matter what forms it takes, is that some forms stops the energy from growing in another energy form. So part of my purpose is also the transformation of the things that stops other growths, in the sense that when ever the flow and growth of energy is stopped whatever is stopping it, must either be transformed into something that gives room for other growths. I might also help the energy to find a way around what stops the growth.

As an example: imagine that you own the belief ‘you have to have an ordinary job to support your self’, whilst you really want to write books about other world views. Well this is a situation I have been in for a long time. What happened was that I kept trying to do something I thought there was no energy in to get energy in the form of money to support my self, on the expense of my real work, working for growth in a magical way. I kept founding my self in a state of anxiety, whether I was in a job or was searching for one. And I wasn’t really a productive member of society in most of my life. Focusing on jobs I didn’t care about took my focus away from what my intuition and higher self tried to tell me through impulses and passions. At some point I suddenly saw the demands I believed society had in a different way. My whole life I had seen society as something that you were in and that you couldn’t escape from unless you wanted to live the life of a hermit. I love people so even though I love being alone as well I would not like to be completely without people. What recently occurred to me, was that society is a joint creation of many minds and it is made to protect some values. Especially the value: human life. The funny thing is that what society is doing is protecting us against each other but even so society is the idea that we must have some rules to actually make sure that some ones life or physical creation (property) is not stopped by another human energy form. So in that sense society actually also tries to fulfill on my purpose. But the problem is that when society becomes more important than the values it tries to protect then it



becomes something that stops growth, instead of holding on to the belief that life and growth is what is of value. The transformation of my earlier belief in society had me finally accept society and at the same had me accept that it was totally okay to allow myself the freedom of following my own path. Society can't really demand anything of us, but we can impact society by what we choose to do. I do not want to live with a society that holds any power over me, but I do want to live in a world of peace and freedom, and I can do that by not making war or seeking to take control over others, and society is an agreement with other people that they are not trying to make war or control me.

I do not get why people when they have an endless possibility to create exactly the life they want for themselves try to take control over others. I mean do they feel so powerless? The only way to be powerless is to not follow your own energy and go against yourself, your purpose and whatever in order to hold onto something.

Holding onto something is something that the intellect and its child the Ego are good at. This is what creates time and space as we know it. But let's not forget that forms are ever changing and no moment is ever the same, the only thing where there might be the same is in our minds.

I also aim to fulfill love, beauty, joy, connectedness and peace with this purpose as the energetic states I use to have things grow in. There are so many ways to work on my purpose and one of them is making a magical work model for the mind. Another way is my creative work, music, painting and writing stories. Ideas that come to live in some way, and sometimes just as dreams I recall. Conversations with other people can also be ideas that come to live, as ideas often evolve in the minds when shared. The energetic states, alongside the ideas, also evolve and grow.

Now I know my purpose and my values. And I know how to fulfill that purpose. A purpose is not some goal you work on and some day you will reach that goal. In the purpose of growth you won't some day be in the situation that no more growth is possible so it is something you can do your whole life. Some people might have the purpose of nurturing others, and as long as there are people or other beings they can keep doing it while fulfilling the values of love and life.

If you haven't found your purpose yet here are some ways of doing it:

1. Ask your higher self in a meditative state and try to interpret what comes in.
2. Ask a God if you believe in God or Gods.
3. Look back on your life and see if there is anything you always have been passionate about. Things you've always wanted to do. Subject you have returned to over and over again in your life from sheer interest.



4. Look at your values and try to make a creative picture of how you fulfill on them, what will you be doing in order to fulfill those values.
5. Follow your intuitions and impulses of what you want to do.

Number one can actually be used to get an answer to all kinds of questions. The higher self is you but you with a larger focus than the ordinary personality you tend to connect with your physical body. It is like having a zoom function of mind. Where you can focus your consciousness to a single point or zoom out to cover the whole universe where everything becomes part of you, and where your normal personality is only one of endless numbers. The higher self is somewhere in the middle of these two extremities. It has both knowledge of your personality but also all the personalities you could be if you'd made other choices, and for the higher self they all exist equal to that portion of you. It is aware of every path you can take, and where the energy flow is greatest in whatever time line, you might follow. It speaks to us through intuition, dreams, ideas and events. It is as much who we are as the personality, just from another focus.

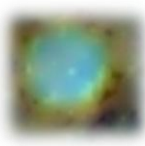
Number 2 was what I did even though I do not believe in Gods, but I will interpret Gods as my self seen from a creative perspective. The fact that the God I met had many arms I will interpret as a God with a large potential for action.

Number 3 is a rational method. You use empiric data from your own memories, and most people of today is well trained in doing so. Some people might discover that they haven't really been passionate about anything or having some specific interests, but always did what other wanted them to do. That kind of behavior could be an expression of fear but it could also reveal trying to fulfill the value of connectedness, and the purpose of creating communities.

Number 4 is a method where you're trying to create an idea rather than trying to find knowledge that already exists. As an example, if you know which values you want to fulfill in your life, you can focus on the values lets take joy. So you're now focusing on joy and see how joy is spread from you to the people around you, and then you might find out that your purpose is entertainment.

Number 5 is a little difficult because only a few of us have learned to use our intuitions in the societal framework of today. But if you have practiced on listening to your intuition then you can do it, following the impulses and look at what happens and the situations you find your self in.

This is just my idea of purpose, and some might not have the need for one. Personally I believe it is great to have a path. It is like having a channel where energy can flow instead of just running around and try to avoid the unwanted things and hold on to the good stuff.



## Choosing your emotional state

### May 5 a little bit of grey sky for relaxing the eyes.

*Today was a tired day. Well the day wasn't actually tired since tiredness is not something you will usually ascribe to a day. I mean tiredness is a subjective quality, and requires an experience of energy not flowing as much as it can do we your are filled up with energy. So today was a day like so many other days, and I experienced that energy wasn't really flowing like I wanted it to. The weather of the day was cold and semi wet; a typical mayday in Denmark.*

*I have no interesting things to say about my experience of today. No epiphanies, no inspiration of healing energies, not even a simple meeting with another person where something magical happened. No movement but my fingers on the piano playing in a surprisingly smooth manner, and singing was easy, even though I still had the aftermath of my now old cold to deal with. Playing soccer with my 10 year old son, was also a pleasant series of moments, with all the green spring clad trees surrounding the small field we were playing in, and the soft colors of the sun setting in the back ground.*

*Thinking about it; the smoother movement of my fingers playing the piano was actually rather pleasant movement of energy. But that was in the earlier hours of the day, and the rest of the day seemed pretty much a blur, or rather my annoyance with the one thing I tried to do during meditation, seemed to color the rest of the day a little darker, even though a lot of things actually went well. Not that I was productive in any way but that is not something I require of my self, because I'm not that interested in trying to fulfill the idea that it is of great importance to be productive to a state where I only get a lot of stress out of it and no clue to why I have to be productive. I mean you can produce something of value, just by putting your self in a state of love. Love is one of the things with intrinsic value, just as well as peace and growth. But the things we can produce in the shared reference frames, the physical bandwidth of consciousness and the spoken, only have value in the survival or the feelings of satisfaction or joy or ease or what ever, it produces in our selves or others. SO being able to choose between emotional states makes sure that you can actually produce something of intrinsic value with out ever having to run around like a decapitated chicken.*



*The irony of the paragraph above is of cause that even though I know how to change emotional states I still choose to let my annoyance with one event color my day. In a way I wouldn't have done it differently; sometimes it is nice with a little grey sky to make the eyes relax.*

### **The personal history**

The thing I was trying to do during mediation that day was a process of healing or removing some tension energy in the left side of my body mostly the left side of my head. It almost feels as if I have an energy head inside of my other head that is turned slightly to the left. It had been there for a couple of years now and whenever I try to do something about it, the tension becomes stronger. Today (July 14, 2009) I was down at the beach and I finally found out what it was. It was an old character of suffering I have played throughout my life, and earlier tended to identify myself with. A character designed to give me pity, and an excuse for not doing what I wanted. The story of this old character is something like: parents divorced at 5. Being bullied in school. Dropping out of high school and moving away from home age 17, because mom found abusive husband. Having trouble finding love, but found sexual partners instead. Having a job in a bank where there were a lot of talking behind my back. Quitting my job and getting social aid instead. Meeting an emotional abusive man and getting a child with him. Living in an abusive relationship for 5 years or so. Breaking up with him when child was two, but still have to live with that my son is having problems with him. And so on. This is a suffering character, and it is good to tell if you want energy in the form of money from society or the attention of people. I could also show a different character, one that is unconventional and living a life of creativity and joy and lots of love and people around her: Starting early in school because of high intelligence. Being good at schoolwork. In school dreaming herself away and in classes practicing balancing things (pencils and such things) in as high towers as possible. Using a lot of her time reading, singing and painting. Often enjoying nature all by herself. Discovering some clairvoyant abilities at an early age. Often going in to a meditative state. Choosing to stand on her own legs the age of 17. In a time where the unemployment rate was extraordinary high and the finances were great, choosing to let others get the jobs, and make theater with those who could need a boost of creativity, self confidence and fun in their lives. Keeping her research into the topic of the psychic realm and physics and alive while also exploring creativity. Being unstoppable with deconstructing the present world view and constructing a new. (unstoppable but sometimes slowed down or walking down a dead end). Living a wonderful life



with her son, where there is a lot of joy and love and life. Still enjoying solitude, nature, singing and painting.

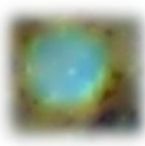
These two stories are both something that I relate to BenedikteEva, but I can choose to have my main focus in one of the stories. I could also make up a new one with other contents and focus my personality on that one. But the second story I'm quite fond of, and I can even put the other on in as obstacles I have overcome and look like a complete heroine in my own eyes. The thing is we can choose to focus on what we want in our life or we can choose to focus on what we do not want in our lives. One thing is certain the more we focus on what we don't want the more it seems to hold on. What we focus on is what we get or rather the beliefs and energies we focus on is what we manifest. Our personal history is such a belief and until we change the focus our lives are not likely to change.

The same goes for emotional states. You have probably met a person at least once in your life, where you started out an innocent conversation with this person, and then suddenly the person starts telling you how lonely he or she is, and sees you as the remedy for that state. You know what will happen if you enter into this person's life. No matter how much time you spend with this person he or she will keep telling you how lonely they are, no matter what you do to remedy the condition with your own charming company. This person focuses mainly on loneliness and do not see the other story, that they actually have a loving and caring friend who spends a lot of time with them.

Or people who have some kind of theme in their life. Their husbands do this and that and it makes them sad and lose self esteem. Then they come to you for help, but no matter how much advice you give to the person the problem lingers on, the focus stays on how awful her life is because of that husband. She identifies with her story. Well off course some of these people can eventually choose other beliefs about themselves or their fellow humans, and they might be inspired by you to make new choices. But as long as they keep identifying themselves with their focus story it is not very likely. The identification with your story in focus is why it can be so difficult to experience a real life transformation.

### **Techniques to choose**

These persons could choose another emotional state to be in. Well if I meet a person with whom the first conversation concerns the weather and the next one their loneliness, I used to run off like a rabbit, now I have a tendency to use a practice I use to focus my attention on a wanted emotional state. The idea is to offer them another emotional state. I can ask them to look at how beautiful the



sky is, and just the mere act of turning your look upwards can actually change your emotional state. People often quickly return to their loneliness story or their domestic issues, because we think that we shall keep focusing on the problems and work on a solution to them until it is solved. That method actually works with broken machinery but it has the exact opposite effect in changing your circumstances in life. The way you change your circumstances in life is to focus on what you want rather than what you don't want.

The problem you have and the story you tell about the problem becomes a mental point of reference for the emotional state. So if you want to have another story to tell and another emotional state, an emotional value like love or connectedness you must change your story and create some new reference points. People in our lives have their reference points concerning how we have behaved while they'd known us, and when we change behavior they will automatically follow with a change in their behavior. But it all begins with a change of mind a choice of changing focus.

If you are in an unwanted emotional state, where the flow of energy seems to be blocked, then the first thing not to do is to find out what is wrong because you probably already have a story about that. It is not to find out how to fix the problem. What you do is to state the emotional state.

As an example: I feel lonely (or I feel loneliness). I do not want to feel lonely. I would rather feel joy and love.

If you can remember or imagine a situation where you felt love and joy then you probably feel some of the same you did in that situation, probably not as present as it was then, but still a different state than the loneliness, and you have already chosen another emotional state. The first thing that happens if you are well trained in how to rationalize is that your intellect will start to make a list of all your reasons to feel lonely, that is all your reference points that keeps the state of loneliness in place in your experience. This is the tricky point and your reasons to be in the lonely state of emotions are an expression of beliefs. These beliefs are a powerful spell that takes the power away from you and stops you from enjoying life as much as possible though it might keep you safe, make sure that you are not rejected or something. What you can do now is to make a counter spell to generate the emotional value you want to fulfill on. A counter spell can be like a prayer or an affirmation or you can make a picture of the wanted state, perhaps a song that expresses the wanted state or you can use a more kinesthetic technique of laying a gentle touch on your lower arm and every time you make that movement you can recall the emotional state.

Returning to the example on loneliness the reference points that kept the state of loneliness steadfast in experience, might have been something like: I am old and my children do not have time to see



me, I am too tired to make an effort to change it, who would want to be with a depressed being like my self, I am boring etc. etc. This is a conversation based on beliefs about self and others. Not only beliefs, but judgements, that falsely identify a person. Well these judgements are not true in any way. Boring and old are qualities and not a way of being and turns out to act as reference points for behavior that can be used again and again, and upholds the status quo. If you behave as you always have done, things will probably stay pretty much the same and that is quite safe even though you might have to deal with loneliness and the like.

But now you have chosen to announce that you don't want the state of loneliness and you would rather want joy and love in your experience. The technique is pretty simple and it does not take much work besides the mental work. But here comes the next step in creating your life as you want it. The person from before might then say something like: 'but even though I do not feel lonely right now and do feel joy and love to some extent there are still no people in my life with whom I can share that love and joy'. What the person wanted to experience here is being with other people to express the emotional values of love and joy, and knowing what you want is important for this kind of work.

The technique in short:

1. Acknowledge your emotional state, for example using the words: I feel x.
2. Acknowledge that it is an unwanted state: I don't want to feel x
3. State which emotional state or states you do want to experience: I want to feel Y
4. If you have already established points of reference in your mind for that kind of emotional state you want to have, then use those. I as an example have established reference points for the emotional value: 'deep inner peace' and all I have to do is say these words. To deepen or strengthen that state I visualize a calm and people devoid beach where the water has a beautiful green blue color, and with the waves crashing on the beach in a slow, harmonious and rhythmic manner, and also recalling a breeze caressing my skin.
5. Choose to stay in the wanted emotion and silence the story of why you should be feeling X when you rather want to feel Y.

Some people might frown at the idea that they actually have a choice of emotions, that their feelings is not something beyond their conscious choices. Now I could come up with a lot of explaining on this subject, but I really do not want to, because the technique speaks for it self. If you are one of these people who are used to tell your self than this and this makes me sad, angry or happy, then try the technique and discover that this is not the case. It is the reference points for sadness or anger



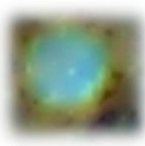
you have established that generates your unwanted state, by your choice of story. But you can just as well focus on a different story.

I will emphasize that the acknowledgement of your current emotional state is quite important to this exercise since not acknowledging it will only put a lid on it and until you have acknowledged it, the emotion will keep showing up in all kinds of way.

In the beginning of the chapter I told you a story from my own life, where I forgot to acknowledge my annoyance, frustration and anger with my lack of success in getting the tension in my left facial side to go away. This emotional state kept popping its head up, even though there was a lot of moments and events I really could have attached a more energetic state to.

Another thing I have to emphasize is not identify your self with the emotion. An emotion is something you have and feel and an emotional state or feeling is a state you're in, but you are not the emotion. If you want to have a chance to choose then do not state that 'I'm so sad' or even 'I am so happy' because identifying your self with an emotion would make it quite difficult to change it, because you really can't run away from your self. The same goes for identification with your personal history. As long as you believe you are your present story then it is difficult to change your situation because you can't escape your self. (Because: the 'you' you are escaping from is actually what you are escaping with).

I will soon return to the personal history and how to create reference points for the emotional values you want to fulfill on, but first I will introduce and outline a subjective map whereupon you can place these points of reference.



## Time and space as a map of joint creation

### June 18, 2009 An alternate view on time

*I just had a deep conversation with a friend of mine. She told me about a problem she had that made her feel frustrated and angry. The problem was that she had overbooked her calendar, because she saw a possibility for cheaper plane tickets to a vacation in Spain the upcoming summer, but the problem was that the home flight would be too late with regards to attend to some other arrangements of importance to her. So when she called me she was caught up in the following conversation with her self: 'I feel stupid because I once again let circumstances dictate my life rather than the idea I wanted to experience in life. And why do I allow that to happen again and again'?*

*We had a really close conversation, where we were extremely present to each other. At a point the conversation reached a dead end, where I felt frustrated and that it was hopeless and I told her that. And then she used the word 'terrible' to describe the upcoming vacation as compared to her original intention on how she wanted her vacation to be. And I wondered (I told her) why it would be terrible, and she saw that she was about to create a really bad experience for her self by making this announcement. Then I was about to say something to her, but it suddenly went blank inside. I told her that and she said that that was exactly what happened for her, a big empty space where she could put in what she wanted, and she just did, flowers, love and being present. On the more concrete plane she found the solution that she could change the date of the flight home to 3 days earlier even though she might have to pay a little bit more for the rescheduled tickets, and then solve the problem.*

*Then I asked her to help me solve a problem.*

*My problem was that I found my purpose here in life as described in the experience 'AN epiphany' which in one word can be described as 'Growth' natural, spiritual and personal growth. I know that the outcome of one of my first goals, to enter the house created June 12. Is certain, and that the financial framework will be in place as well, but even with that certainty present I was still worried about that I might run in to some low energy situations on my time line in front of me before getting there. We talked a bit back and forth, and I said I did not want these low energy situations to occur, because they were really unnecessary to experience. She said something about that we as humans naturally would encounter low energy areas, but I still held on to the view that*



*these situations was a waste of time, and she then told me that to tell about my ideas it might be a good idea if I have lived the problems. Suddenly I realized that she had used the words 'low energy areas' instead of 'low energy situations' and my subjective timeline started to spread out and be two dimensional instead of just a line, and when seeing that I realized that when viewing my coming experience like that, it was possible to choose the high energy experiences in life instead of the low energy situations that I used to fear, and not being able to avoid. So now I had an alternate view in time and a powerful tool to create the experiences I want and maneuver between future (and past) probabilities.*

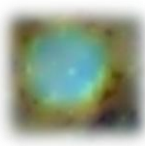
### **Different views on time and space**

We learn the clock in our childhood with its 24 hour and division into minutes and seconds, and we have a tendency to view a second as the least time unit we encounter, and we then seem to have a limited amount of seconds where we can live in. If we only count the seconds on that timeline, our lives are short and we will have to accomplish a lot within this short period.

Even in seeing time as a line it is not true that we only have a limited amount of **moments**, because on such a time line there are an endless amount of moments or points in time just between 15:01:01 and 15:01:02 so basically time is endless as long as we live moment by moment rather than second by second or minute by minute. When time is endless it does not really matter which specific moment we live in, and we start living in the moment that exists for us now.

The problem we can have with time is then only a mental issue that often causes stress, because we believe that we have to accomplish something that takes seconds within a limited amount of seconds. When you first get this 'moment by moment' understanding rather than 'a specific amount of seconds' understanding of time instated in mind and habit you have really gotten a scope on eternity. As I write this I can feel my own world expand endlessly, whilst I become fully present. In the story from my own life I also told about the insight I got from my friend where I suddenly saw my future as a two dimensional map of endless possible futures spread out in front of me where I could choose which events I would focus my energy in creating.

These two ways of viewing time combined gives an amazing tool for creating reference points for future value fulfillment. If there are an endless amount of moments and endless possibilities you can choose from every moment, then it is possible to live whatever life you want to live. This doesn't mean that you have to plan your whole life ahead. On the contrary, there is no need to plan anything unless it involves meeting with other people in the consensual framework of physicality. The idea

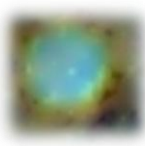


of having calendars and clocks is just a creation of a series of reference points originally based on the suns and the moons relative position to the earth. That system of time is actually quite amazing. If we stick to the idea that all is mind, and we all are specific conscious focus points of mind that intersects with each other and in that intersection merge and create new focus points, then to be able to choose what focus point to intersect with instead of just merging by random is a creation of much fun. The same goes for things in space used as points of reference for intersection. This is rather abstract but imagine two native Americans making the following deal before Columbus discovered the land of dreams: :when 3 full moon circles has passed and the sun is on top of the heaven, then lets meet at the feet of the nose mountain.

In this deal of a meeting there are some rather visual reference points the two native Americans will have to focus on when intersecting. If they do not have these visual reference points before there eyes when 3 full moon circles has passed and the sun is in top of the heaven, then it is not likely that the meet because one of them could be at the lake in the southern forest whilst the other could be standing in Grand canyon. For both of them the possibility of standing anywhere on the map of possibilities is there, but it all depends on there choices of focus.

In the idea of matter, choosing to change visual reference points is a matter of moving your physical body. In the realm of mind the moving of your body is a symbol of changing your focus point to another point of reference, the way to do this can in mind just as well be done by moving the map. In mind your can move from one set of reference points to another just by moving your focus and you do not have to walk from any distances to get to there. If we add the idea of ‘everything is energy’ as a way of viewing the creations of mind, then we might add intensity to the focus. The closer you get to the reference point where you want to intersect, the higher the intensity of the reference points in relation to the map of the environment you have.

Here is a funny theory. The mapmakers of earlier times who came to new areas was actually creating these areas while they where at it. The saw something from their focus and in seeing it they spread out the idea of what they where seeing to show to others with their map, and the others could see these newly created areas just by changing focus in the way described on the map. Now here is the point I am making. The mapmakers had a hand in creating certain reference points, and they had their experience of the areas they intersected with that they drew on their maps. Those who followed these map, met the same reference points but adding new qualities to these areas by experiencing them from **their** point of focus. In that manner the world of today gets more and more

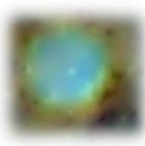


complex, because through our communication networks on this planet, these reference points for human existence, every creation is easy accessible, and every time we intersect with areas or each others it adds to the experience, to the energy and the story attached to the reference points. New connections and intersections are made all the time and remember that time seen as moments are endless. So in a way the universe is unfolding from within the mind.

Before thinking a lot about time I used to see time as a line with me standing in the present, and past on either my left side or behind me and the future in front of me or to my right side. In this other view on time I can see my self standing in the middle of a creation where events are spread around me. The events where my mark is set, but where I'm not presently standing, I can call my experienced past and the events where my mark isn't, I can call possible events to experience. The mark I am talking, about is, that energy or that focus point of the all, I am. That symbol of energy of the mind that can merge with all other existing symbols of energy and add to events. In mind, I can choose from any of these possibilities, even the events which have my mark on it. IN that sense there is no need to talk about the future or the past, only with regards to stories whether personal or joint like the world history.

### **Causality or ordering events in a story**

As a human in the specific cultural framework I live in today, I have learned to see these events as a series of causal events where one event leads to another in a seemingly logical way. Causality is only one way of arranging events of the mind, and is part of the consensus frame work for conscious interaction as is time and space. But when we view our self standing in the midst of a whole area of events we can choose from and merge with, then it is also possible to change the connections between the events. The connection between two events does not have to be causal. In the story we tell about the experiences we already have marked and merged with, we might only focus on the events we have linked causally, and might actually have set our mark on a lot of other events that can't be linked causally with the story. As an example: What if your have chosen to mark and merge with the event: 'winning the lottery' but haven't marked and merged with the event of getting a lottery ticket? Then in your story the event winning the lottery does not exist because it has not been put in to the idea of causality, and even though you might have experienced the lottery winning event in one of the endless moments there are pr. Second then this is still not the story you tell, and your story is the reference points that other people relate to you and is merging with in the physical bandwidth. This means that you haven't won the lottery in the framework of consensus or



the physical bandwidth of consciousness even though you have merged with it. (Your body is also a story in it self, or a map of the events you have chosen to merge with).

Okay writing this blew my view on my life wide open, I didn't knew I was going to write something like this, and I hope that the reader can get it, because it is some pictures in my mind that I try to communicate but I'm not sure that I have done that in a understandable manner.

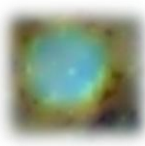
I can at least see that I have merged with the event of getting a whole new way of seeing time, space and causality, and I will try to come up with some practical guidelines for using this view in the process of creating you life or rather creating the story you want to tell.

### **More about the personal history in relation to joint creation**

The personal story can be seen as a series of reference points, where some of these seems to be bare facts. Date of birth as an example is a reference point for you entering the physical bandwidth as a separate entity.

You date of birth is then a reference point for the beginning of your physical existence as a breathing human being in a specific framework of time. (Your time of conception is rarely celebrated but this can be seen as the beginning of your physical existence but not yet separated from your mother). Birthdays or any other date can be seen as land marks on a map of time and space. In the historical framework it is placed on a line. On each point of the line alongside with your own birthday, there are also all other events on earth taken place in that given point on the line. This map is a joint creation between humans to ensure that we have established some reference points where our own separate realities can meet for communication, inspiration and joint creation. There are some other reference points that are important to this work. These are the reference points that form our personalities in the social framework, and are the description of our selves in relation to others. These reference points are often expressed as identifications and expresses values either by stating what we are or what we aren't. The sentence 'I am clumsy' expresses a value of physical adjustment where the 'I' in question is not fulfilling on the value of physical adjustment to the environment. Often 'clumsy' is said with a fair amount of love, because clumsy people often tend to be quite funny or charming like puppies and kittens, so in many respects, clumsiness becomes a personality trait that also gives something on the values of love and acceptance.

So now we are going to the next step of creation and that is manifestation of what you want to experience. To create the reference points in the physical bandwidth that will give you the



possibility to generate the emotional states of intrinsic value in your whole living experience on a continuous basis.



## Personhood expanded

*Now I am writing again. Yesterday evening I took another QJ to meet with the 'me' who was most happy and fulfilled in life. I did to find out what this 'me' was doing in life.*

*There is a house in third row from the beach near my present home in this reality that I always have been attracted to. It is called 'Tryllebo' which means something like 'Place of magical living'. In this house one of my other 'mes' is living. I visited her in this house, and what I met was a slender woman who lived with a man (not the prettiest in the world, kind of skinny and with a big marked nose, but at some point during my visit he healed me and there I saw why these two were a match). The things she was doing was painting and psychic stuff, and the energy of the whole experience was quite golden.*

*I envied her quite a bit which is funny because she is me. Later in the quantum jump I then asked what energies would be present if: I was a singer, mathematician and/or physicist, a philosopher, a science fiction writer and some more options. What happened was that all those 'mes' and this 'me' gathered in a meeting room. The other 'mes' acknowledged my work which were providing them all with a framework for reality that makes their world larger and better. You can look at my homepage to see what I am doing.*

*In order to be able to do this kind of work I have been through low periods of my life, where I could have chosen an easier road, but I doubt that I would have done it if life had been easier. But the work soon doesn't need my hardship, so now I will rather paint my life with the energies of the happy and fulfilled 'me'. It is not so far apart from where I am now.*



## Manifesting your values through points of reference

### June 12. Creation and a strong connection

*I was quite sad and stressed today, and I couldn't change my mood right on. I went to the beach for a long walk and a meditation, hoping that the sadness would disappear and I would get some peace of mind. As I walked and sat down on a bench at the beach, the stress and sadness lingered on.*

*Normally, heavy or restless emotional energy, like sadness and stress, flows out in the ocean as a stream of red energy, when I meditate near the sea and at some point when enough red energy has flown out, a yellowish or golden energy flows in to me. But today I generated more and more of the heavy energy, and I had to leave the beach. When I came out on the road that leads to my home, I suddenly felt strengthened and a picture of a beautiful empty house entered my consciousness and I knew that this house was mine to move in to. Then the name San Martinus came to my mind and a car with the words 'a strong connection' (an electricians car) drove by.*

*When I came home I looked san Martinus up on the internet and I found St. Martinus who is a saint in the Christian church with the story attached to his name that he gave poor people stuff. He was originally a soldier who on a cold winter day met a beggar with almost no clothes on, who of cause was freezing. Martinus tore his soldiers robe in two halves and gave the one half to the beggar who then could be warmer and live. He ended up as a giving but ragged bishop in some town, elected as bishop by the townspeople, while the people of the church would rather reject him.*

*The other entry was the Danish philosopher of the spirit: Martinus. At the beach I had arrived at the conclusion that God must be Life, and that life never really ends because we are all living and life is in us, and even though the cells and particles or rather the energies of our bodies and minds might shatter and find new patterns of life to engage in, movement doesn't really stop. We don't really end, just transcends into new areas of living, and still with an eternal bond to everything we've ever encountered.*

*But all in all, I have created the setting for my workings and all I have to do is follow the moving energy to enter that creation.*

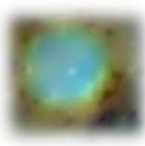
At this point in time (2.august 2009) I haven't quite moved in to the given house yet, not that I am in such a hurry to do that, and it seems that I have some resistance to it. My resistance comes in the form of concerns about the future: 'how will my son take the whole moving experience'. Well that is pretty much my only concern, except that I kind of like my apartment, and the trees and the



possibility for my son to play with the other kids in the block. But then again trees and someone to play with for my son could be put in to my creation, without much effort on my part. One thing is this beautiful house of mine, another is the values I want to fulfill with the creation. The purpose of the house is to have a setting for my purpose and me and my sons life. The values are peace, beauty and life, as the underlying tones of my work. The setting is a medium for growth then, and a help in fulfilling that purpose. So moving into my house would be a point of reference for the values of life, peace and beauty and fulfillment of purpose. Well I do not need the house to fulfill my values or purpose; it will just be a mark where I can call forward those intrinsically valuable emotions on a continuous basis. The things we manifest in the physical bandwidth then become magical objects that bring forth the emotional values we want to experience in our lives.

### **Cursed and blessed items and situations.**

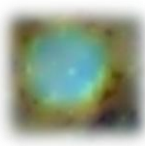
It also goes the other way around. Emotions like sadness, frustration, anger and fear also can be attached to the things manifested in our lives. Emotional states like stress, sorrow or depression can also be attached to our manifestations. Manifestations in the physical bandwidth that has these emotional states attached to them are what I will call cursed items. The items in them selves are not cursed, but the memories or stories we call forward when we encounter those items can be cursed and be used as reference points to call forward these emotions and feelings. Normally, when I have an item in my life that has me only be depressed or feel powerless, I will choose to somehow get rid of it. But a lot of stuff in our lives can have both curses and blessings attached to them or interesting stories. As an example I have a lamp that once belonged to my ex husband. It is a black and brown lamp that belonged to one of my ex's friends who died in a young age. My ex had inherited it from him and kept it around to be reminded of his friend, and with that kept calling forward the memory of his lost friend as well as the sorrow. At some point in time during our domestic partnership, the lamp fell to the floor and a large piece broke of. (It was our cat Arthur who did this). My ex was quite upset about this, but I succeeded in mending it with some superglue, and you could hardly see it was broken. When my ex moved out the lamp was one of the items he left behind because he had no room for it in his new and smaller place. After a period about 5 years I asked him what to do with some of the things he left behind, and he said I could throw this and that out. I mentioned the lamp and he said I could also throw that away since he didn't have to hold on to the memories of his dead friend anymore. I never knew his friend but the lamp is still in good use both as a source of



light in my work room and as a reminder of my own ability to mend things. The lamp is a blessed item for me because it calls forward a feeling of success in mending things.

The things I have in my home will of course mostly be blessed items and all items that call forward mostly unwanted emotional states I will prefer to get rid of as soon as possible. But sometimes I forget to clean up in those once wanted but now unwanted items. Recently I emptied my closet and threw away all of the clothes I inherited from my mother and grandmother. My mother is still alive, but her style is definitely not the same as my preferred style. The reason why I took the clothes in the first place was from a place of poverty. Not being able to afford new clothes, and hers was of a good quality. But it was also clothes that didn't express my own identity, so every time I encountered my mother's old clothes in my closet, I was reminded of my powerlessness around money, my lack of authenticity or rather the mask I felt I had to wear because I didn't feel accepted by society, and the pressure I was under to try to fit in to a norm I wasn't interested in being part of. So all in all, my mother's clothes in my closet were cursed. Well the curse came from me of course, but even so it was on time I tried out some new styles, blessed styles that remind me of abundance, authenticity and vitality rather than powerlessness, poverty and pressure.

To go through your closet and apartment is a great exercise for finding out if you have any reference points for life quality diminishing emotional states manifested in your nearest environment in the physical bandwidth. There often are some items that are quite neutral, but there might be cursed items lying around. If we return to the closet, and you have some clothes lying around from a time where you were younger and skinnier it might be a cursed item. At least it is cursed if you pull it forward and tell yourself that you are too fat to wear them but someday you might have lost enough weight to fit them, regardless of the fact that this particular piece of clothing was worn when you were 17 and now you're close to 40. Every time you take out the piece of clothing then you reinforce the belief 'I'm fat but someday I will lose enough weight' and an emotional state of frustration. As long as you keep telling yourself that this is the situation you are most likely to keep experiencing in your life. On the other hand; the piece of clothing could be blessed as a reminder of a certain state of vitality and as such call sparks of joy forward when looked at, but if you believe that you are too old to have this vitality then it is truly cursed. Vitality has nothing to do with age and neither does joy. Age is a cultural belief or rather the condition of the physical body is attached to a cultural belief about how the body should go with numbers of age. In that sense the calendar is a cursed item; or rather the body is in our cultural context. It is not necessarily a bad curse but none the less a curse we have put on our bodies.

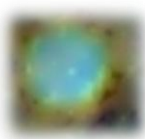


In this house cleansing exercise there is a method for finding out if in item is cursed or blessed for you. If you feel your energy drop when you see or feel something, it is most likely cursed, and you should either get rid of it or lift the curse. Lifting the curse of something can be quite tricky, because often the curse was made from making your self wrong over something, you perceive as the 'truth', and to find thing you hold to be true, and change them can often change your whole living experience in an instant. An example from my own life:

As you know I have states from the beginning that our beliefs structure our living experience, while emotions are what fuels and colors or life. The beliefs calls forward the emotional states on a continuous basis and thereby manifesting it in experience.

In my life I have read a lot on manifesting and one of the books I have read is a book called 'create your own reality' a Seth workbook by Nancy Ashley. Seth is an energy being from a different plane of existence who where channeled by the mystic Jane Roberts in the 60'ties and 70'ties, and it is brilliant stuff and a great inspiration to me. Now in this book there are some belief assignments and in one of them you go over a list of beliefs that limits you in living your life. Some of those beliefs I didn't have and some of them I thought did not limited me. The last ones where the ones we should beware of, because they might be invisible to you in causing your living experience because you really believe them. Now I went over the list and some of the beliefs I got pretty upset about because I thought: 'oh cant I even have that one and still be the master of my life with no limitations'? Then it struck me. I do not have to be upset about this. No matter what I hold as truth is just beliefs and I can change it anytime I want to, if the living experience rising from these beliefs is not satisfying.

This was not a physical house cleaning but more of a mental house cleaning, that helped clear up a limiting belief: 'some beliefs are better than others' or 'if your are spiritual enlightened' you do not belief this and this and so forth. But the process of finding out what your beliefs are with regards to cursed items, are the same. You find out which belief and emotional state is attached to the item and then change your emotional state and give you self a new belief, or simply just throw out the item if there is no need to hold on to it at all. To return to the close you wore when you where 17 and skinny and you just lost your belief in that your are fat, and actually is skinny now at 40, then you find out that the style you liked when you where 17 is not the style you like now, then just get rid of the close.

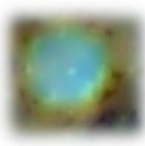


Imagine that you have a job where you are totally stressed out. Where you are not doing anything fulfilling and the people on your place of work are so not you, and talking behind your back and so forth. You are staying in the job because you do not know how else to support yourself and your family. You are of course trying to protect the value of life and stay safe. When you come home at night you might feel pretty good about your loving family, but in your work you feel awful about yourself all the time. Your home is a reference point for feeling good, and your work place with its people is then a reference point for feeling bad. Your work place is then a cursed 'item', or rather a cursed situation.

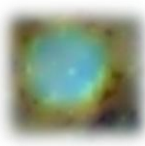
### Counter curses and blessings

How do you change a cursed situation? Well first of all acknowledge your present emotional state. Acknowledge that you do not want to feel like this. Then state your desired emotional state and create some reference points for the desired emotional state. Sometimes there might be some conflicting emotions to a situation. In the example with work, there might be an emotional state of heroism and pride attached to the situation of frustration, depression and anger. Pride in supporting your family even though you hate the job, and that might hold you in an unfortunate position in life, but then it becomes a matter of choosing between values or making sure that every value you have are expressed in your creations.

As an example: One belief in a culture largely affected by Christianity is an idea that if we work hard to earn our bread and even with gratitude we are rewarded with a place in heaven. If we serve God by working hard we are rewarded after we are dead. Well serving something bigger is a good thing as long as it is to fulfill the purpose each one of us have, working to fulfill that purpose is also something great. The problem is that at some point in history (as I see it) this belief was used as a way that people in power could make other people do what they wanted them to, and tell them what their purpose was. It is an easy way out for those who do not want to be responsible for their own life to just do what people tells them to. But then again some people might have the purpose of letting others decide for them and thereby supporting others in purposes that need groups of people to be fulfilled, like Christianity or other religions with societal values attached to them. Ups I wandered of track a bit, I will now return to the creating of reference points, but again it is



important to know what emotional state you want in your life, so in the case of the value of pride and heroism, you might want to put them in as part of your present and desired state.



## Ask and you shall receive

### May 20. Soulmate, energy and a rainbow.

*For a long time i hadn't been that interested in finding love. But suddenly in the past few days I have started to feel ready to meet a soul mate, with whom I can live with. From this particular state of readiness, I asked my higher self during morning meditation how I could attract my soul mate. Well I sure got an immediate answer. Sexual energy started to run through my body. First, smoothly and pleasant and when I came out of my meditative state it didn't stop, and during the day it build up, to the point where I when the time was 8 in the evening my skin was burning and I couldn't sit still. So I decided to run. At this time it was raining cats and dogs, but that couldn't stop me from using some of all this hot energy. So I ran at a faster pace that I had done for months, in the rain down to the beach. When I came down to the beach through one of the many small roads that leads to the beach, it was still pouring down, but behind me the sun had started to shine. I was now standing looking at my shadow in a road of light going out in the ocean. Raindrops where falling down from the heavens colored gold by the evening sun, and on a green grey sky, a perfect rainbow was placed. The color of the ocean was an amazing shade of green-blue and I was the only one there, except for a male runner who unfortunately ran faster than me, so I couldn't see his face. I wasn't chasing rainbows but a rainbow was what I found, with gold pouring from it. Amazing experience, and a perfect message from my higher self: 'Use your sexual energy to attract a soulmate, use the energy and you will experience beauty and a shower of gold'.*