

# BEST MANIFESTATION

module 3  
Continuity is Everything



## Module No. 3

So, the exercise is basically to start working on the manifestation, and the best way to do that is to make a list with the things that you desire the most right now. It's good not to make a too big list, because it's much easier to pursue fewer things. I would recommend putting them in order of importance for you, because chances are, if you have something that is more important, it can actually raise your vibration more, it can give you more excitement, and it can give you more passion. So, the key is, in this exercise, to get into a state with as much excitement and passion as possible. Let's say you want to make an amount of money, you just write down or decide exactly what you want, and you imagine a time in the future when you actually receive what you want. You visualize what will happen; you hear any positive things from that experience. You feel everything. You get in touch with your vibration, with how you feel on the inside in that present moment. You take that feeling, nourish it, and you drop the images. You also drop expectations and attachments, and you keep the feeling, the more intensity, the better. However, it's great to also include relaxation. If you have only excitement, sometimes you can get into anxiety. It's a fine line and a small line between excitement and anxiety. It's important to keep it positive by making sure you also relax into those emotions so it's easier and easier to keep those emotions, to keep those vibrations in the present moment for as long as possible. Of course, then we have module three that explained the process of continuity.

Like I said in the first module, I believe that life itself happens for us, not to us. It's a tool for this reality. It's a reflection tool,

where we have an experience, and we get to decide who we prefer to be. We came from nothingness into something, and this something is just a reflection of our core identity, of who we are. The Universe cares first and foremost about infinity. If we would get results that are not deserved, long term it will not work, maybe we will be happy for a couple of lives but we will become terrible people. So the universe is made like that in order for us to grow; for us to become abundant from the inside out, for us to become loved from the inside out, for us to be to be healthy, and maybe to become is not the best verb, maybe to be is even better, so be healthy from the inside, to be wealthy from the inside out.

I can say that no amount of money can make a poor person from the inside feel wealthy; and no amount of affection received from the outside can make a person that doesn't feel loved, that doesn't love herself to actually experience love. So the universe was not built by accident. There's nothing wrong with it. It was created by God, by the Universe in a perfect manner. God doesn't make mistakes; but of course, we want to escape the guilt so to say that we did something wrong or we are doing something wrong. We all want to believe that we are perfect, that there's nothing wrong with us, so to say. It's not our fault. We want to escape the fault when we're doing something that is not the best action. So it's easy to blame the manifestation process, or it's easy to blame the Universe for something that doesn't have guilt actually, doesn't have a fault. It's much better to take responsibility because when we take responsibility for our thoughts, for our emotions, for our actions, we can actually do something about it. So the process of continuity until you receive the results, until you receive the money, until you receive the love,

until you receive the health is one where you have to do a lot of maintenance on yourself.

Like I said from the last module, you can use the morning and the evening to connect more and more with the energy of abundance that you prefer because the inside creates the outside reflection. Of course during the day you can start becoming more and more aware, you can start observing more and more what is on the inside: emotions, thoughts, beliefs – which are just thoughts that keep on repeating and the definitions that you create with them. The more and more you can observe something that is not aligned with the emotion of abundance that you prefer to have, the faster you can change everything from the inside out. You cannot change things from the outside with lasting effects, it doesn't work. So don't try to change things from the outside so much. I can give a perfect example, until you learn how to love yourself it's very, very hard to find love; but once you do learn how to love yourself, it's natural and it's easy to become a loving person, to know how to love others. Until you respect money and you appreciate money, but you don't become the slave of money like some people become, where the money controls you; until you do that and from the inside you have the perfect abundance, you cannot say that you became a wealthy, a rich person because the money controls you in one way or the other. But if you change your relationship from the inside, if you treat money with respect, if you appreciate money you should understand the laws of money. If you want I can talk more about that; but basically, the most important thing is to feel in the present that you already are abundant when it comes to money and resources, that basically you have what you need, you appreciate

what you have and the more and more it will grow when you have a position like that, and when you treat it with respect.

### **Questions & answers:**

**Q:** You said that manifestation is something like a delayed mirror effect, so we get the results of manifestation later in life. So I'm wondering if I had bad thoughts until now, I will get the bad energy before the good energy that I'm just starting to manifest right now?

**A:** Usually, yes. From a mechanical standpoint, the lower your vibration is, the more delayed manifestation is into a state of higher emotions. You heard about sages and how they reached unconditional happiness or inner peace or nirvana, right? You heard about some people that were meditating until they got to a point where they felt Nirvana. So with these people, the higher the vibration, usually the faster the results can come. However, and this is how the Universe is built, the lower the vibration, in my experience, the slower the results come from that perspective. So you don't have to worry about the negative energy so much because I've seen some people worry about it when they start becoming aware, and be like 'Yes, I'm manifesting all the time but wait a minute, I'm having mostly negative energy right now, because I'm having depression etc.' You don't have to worry so much about it for a number of reasons. The first reason is that usually negative manifestation is slower than positive manifestation, and the best tool that I am aware of for dealing with negative energy is to not act on it. When you experience negative

thoughts, when you experience negative feelings, it's much better to do as little as possible. And of course, when you have relaxation, when you are feeling good, you can act on that because in a way manifestation is complete with action. That's the component that the movie 'The Secret' missed, manifestation is not complete without action. Think that manifestation is a reflection for the total being that you are, and it's not only your thoughts, not only your emotions, but it's also your intention, and exactly what you do. So if you just have negative thoughts and feelings, and you just allow the storm to take place, but you don't act on that, from my experience, you will be okay. You will be okay. However, for example, if you become angry with somebody and you call them and you start complaining, of course there will be some problems with that. You will experience the negative effects much faster. If you think about the wise people, what they do is that before they have relaxation and peace of mind, they don't do too many things. It's much more important to be in the state of flowing, and then acting, than to not be in the state of flow and do a lot of actions.

**Q:** So what do you mean by actions, actions towards my goal?

**A:** Yes, yes, towards your goal or actions that you want to take. For example, I was in a period where I was dealing with a lot of difficulty, I was preferring to stay by myself, I was in a position where I could afford not to do so many things, so I was just observing, I was meditating, and I was just neutralizing negative thoughts and energies. These are like storms, you can have moments and periods in your life where you receive a lot of those and it's much better to stay by yourself or only with supportive people and allow for this kind of period to go away because it will

go away eventually than to just do a lot of actions when you experience something like that; because your actions will actually complete the circle of manifestation and a lot of bad things will actually happen. So when you don't feel in the right state of being, just stop. For example, let's say you have to meet one person and you don't feel great, you can just talk with that person and say 'Look, I'm not feeling well.' I'm not saying to just ignore everything. You can do small little stuff but don't have expectations of doing something big and succeeding when your internal state is bad. So as a priority first get into the vortex, into a good vortex of energy. It's better to do actions when you're relaxed, when you feel good, when you have passion. It's much better than to just do something because you have to do it. I mean, with some actions maybe there is no option but still, those kinds of actions don't require too much creative energy. If you have to do them, do them; but don't expect something fantastic. Just do them and put your awareness on calming your state of being, put your awareness on calming your thoughts. And don't start buying into negative thoughts and beliefs. Just observe, understand that this is just something that you're experiencing because you're passing through a storm right now but it's not the ultimate truth. Because once you start believing that the storm is the ultimate truth, then you affect the manifestation process in a negative way and we don't want to do that, right? Does that answer your question?

**A:** Yes, it does. Thank you! We have another question from our colleague. He says 'How can we stop comparing ourselves to other more accomplished people? Because this is why many people think that they have failed in life, I think this is the root of most of the poor thoughts'.

**Q:** The comparison is not fair. I mean, we compare ourselves to the richest people on earth and in a way they become that for a number of reasons but also because of randomness, of luck. It's not a fair comparison. I'm not saying that it's something so wrong to do, but the more mature and the more wise you become, the more you compare yourself to yourself. How I was and who I will become; because you cannot have it all, you cannot be the best soccer player, the best basket player and the best swimmer at the same time. You have to choose what you prefer. We look very superficially at successful people and I'll give you an example – Steve Jobs. He was very rich and very famous. However, I don't think he had a life that you could actually envy. He was working all the time. He had a lot of negative emotions; he had some very, very bad diseases. And he even admitted it himself that he regrets focusing most of his life on working, on making money and stuff like that. There are a lot of people that sacrifice other aspects of their life just to become richer. I mean, why should you compare yourself to that? Yeah, our society right now is very shallow in that way because people tend to think that the more money that person has, the better off that person is, which is not really the case most of the time. You have to look at everything holistically. Even Elon Musk, he is very wealthy, very rich, has tens of billions of dollars, and he will probably have hundreds of billions if he continues like that, I don't know. And he said his life is not something to envy. He works like a mad man; it's not something that you should be envious about, because you don't know exactly the battles that everyone is going through. It's much easier to think that the grass is greener on the other side of the fence. It's in a way a little bit stupid as well, because it's not very effective, you cannot really make a change. What's important is

how you can become better. The best people in the world don't really compare so much with other people, they only compare themselves with themselves. So what I mean is, appreciate yourself, look at how much more you've learned, how much better you've become, and how much more abundant you are in different areas. It's much healthier to have a perspective like that, then just to compare with other people when like I've said, first and foremost is not a fair comparison. Why don't we compare to the problems that others have? Think about it, there are children in Africa that are still dying of hunger. Why not make that comparison and appreciate that we are doing so much better? And maybe also try to help those unfortunate people? If we can of course.

**Q:** I personally agree with the idea of always comparing yourself with your past self but let's say we're going through a rough time, like maybe we got a divorce, or lost a job or lost some money. How do we proceed then because the comparison may not be what we want it to be?

**A:** Well, it takes some observation, some reflection; we have to connect with what is inside of us. One of the most important phrases of all time is 'Know yourself.' Like I've said, circumstances don't matter, only your state of being matters. It's easier to feel depression when you go through something negative like a divorce, have negative thoughts like 'Where will I find another person?' etc.; but from my experience, almost every time a door closes, another better one opens if you can maintain yourself in a positive state of being. I have examples like that from my life. Maybe we feel like it will be the end of the world when you break up with a partner that you had attachments for, and then a

few years later you find a better person and you just forgot about that one. It's important to understand and observe that what you're feeling and what you're thinking, and what those thoughts tend to create as beliefs are not ultimate truths. The ultimate truth is that God loves you. That's the ultimate truth. He loves you unconditionally. If God Himself loves you unconditionally, why wouldn't you love yourself? Okay, you had a bad experience, somebody for whatever reason separated from you. That doesn't mean you are not a love worthy person anymore. Maybe that just was not the right person for you anymore at that time; maybe you need a new person that is better for you. Maybe from a place of depression, you can slowly go towards acceptance and peace and then towards excitement; because right now you will be free, you'll have more time to meet a better person. I'm sure that person that you were with was not perfect. If that person was perfect by definition, then probably you'll still be with them. Does that make sense?

**A:** Yes, it does. I had a couple of questions about the exercise from module two, about using the formula. So first of all, I noticed that I had trouble focusing and had a lot of intrusive thoughts. Do you have any tips for focusing on the visualization or on the formula?

**Q:** Well, when you have intrusive thoughts it is better to stay in a position of neutrality because your thoughts are determined by your state of being. I can give you the best example, when you feel joyful you usually have positive thoughts, and when you feel depressed you usually have negative thoughts. So the mistake that most people are doing is that they identify themselves with the thoughts they're having – I'm thinking that so I must be that.

No. The brain is just a component of our core being, like an arm only a bit more important than an arm because you cannot live a physical life without a functional brain. You can have a functional life without an arm; but it's still spirit over matter. First and foremost, we are consciousness, we are the observer. God is the ultimate observer, and we are created in the image of that. The first quality of existence is to be. It's a fact that you exist, it's a fact that you're conscious; this is your ultimate level of identity. Don't think you are the mind, know that you are the spirit, and know that you are the ghost in the machine. The mind may have some errors, maybe it's not perfectly balanced, because you are dealing with some negative energies or negative emotions, there are things that are happening inside you. But this is what Buddhists were practicing a lot: to be able to be out of their mind. The mind is just a tool. There was a saying about the ego – which is in a way the physical part, that's the identity of the ego – ‘The ego, the physical mind is a terrible master but a wonderful servant.’ The mind is there to serve you, and not to be your master; it is there to use it when you want to, not to interrupt you. Maybe it has some bad habits, maybe sometimes you have an anxious state and the mind tries to help but comes up with thoughts that are of a lower vibration or more negative, but you accept them and you don't take them seriously. You don't take those thoughts seriously. You just have to allow them, like with someone that doesn't have so much experience and is coming up with certain ideas; you look at it and are like ‘Okay, okay, this will pass.’ You have to become the master of the mind, and to use the mind whenever you want to come up with ideas. Like me, I'm out of my mind right now. I'm allowing my mind to come up with the best ideas to transmit in this call. I don't accept thoughts that are negative. I look at them,

but I don't accept them as being part of my core identity. Is just the best effort that the mind given the present resources was able to come up with. You're not mad with the mind, like you are not mad when you go to the gym, and you cannot lift something that is heavier than you can lift. It's just a tool, if you work with it, you can receive amazing results in time. Does that answer your question?

**Q:** Yes, so basically be an observer and remain consistent, I guess it will get easier with time.

**A:** Like I said, God is the ultimate observer, God doesn't have a reflection. So the more we can become observers, the more we get closer to God, for people who are very spiritual and want that, this is very important. I want to add some things about manifestation and about the cycles of manifestation, because many times when you are in the presence of having abundance inside, sometimes you will still have negative feedback from the Universe. So you have an amazing vibration and you feel abundant from the inside, however you still receive from reality things that could frustrate you like you have to pay this amount of money, you have this bill or you have whatever problem with money, don't take these seriously, don't allow them to change your state of being. My belief is that the Universe gets rid of all this negativity and it still gives you some delayed reflections of the negative stuff, but it's very, very easy for some people that don't have experience to take this as 'The Universe just told me I'm poor, so I should feel poor.' or 'The Universe just told me that I shouldn't be loved so I should feel hate for myself'. So these are like in a dream. When you have a bad dream, it's actually very, very good for your consciousness, because you are able to

release some of that negativity in the easiest way – in a dream. When you have negativity as a reflection from physical reality, it's not ideal. It's much better to release that from the dream state, which is actually the template dimension, this is where you enter causality, where you can actually, if you wake up in your dream – and we can have in the future some discussions about it and some more content about it – you can become much faster and much more efficient with manifestation work. But the lesson for today is that maybe you've been consistent with your vibration, maybe, let's say you're in a point where you love yourself and still the perfect partner or the perfect situation in your life when it comes to love didn't occur yet, and yet you still have some reflections from the past that could make you believe that you are not worthy of being loved. Understand that these are just some delayed manifestations. Some people take these as tests like 'The universe tests me', but it's not made like that. It's not made like a test; that is just energy ending a cycle from the past. So what is important is to allow the reflection to come forward and to be in a state of understanding that the inside is what creates the outside and the circumstances where that happens don't really matter so much, don't matter at all actually. Your inside of the present is what will determine what will happen. Is this something that makes sense?

**Q:** Yes, it does. And I think it's actually a good way of thinking to not lose hope that my manifestation is not happening immediately, as many of us would like it to.

**A:** Well, I want to talk a bit about hope. Hope is one of the positive energies but it's still on the lower end of the spectrum. Because hope is lower than belief, and when you have hope is like maybe,

maybe something positive will happen. Belief is like 'I believe. I believe it will happen' which is higher than that. Even higher than that is certainty, trust – 'I know that will happen.' So hope is still positive, but it's not ideal. Certainty, knowing is much better. So I'm not saying you don't appreciate hope. Hope is like when you're in a position where you really can get drowned somehow and somebody throws at you a life vest. I mean, you take that but you don't want to remain with that life vest; you want to get to the shore. You want to get to knowingness. Does that make sense?

**Q:** Yes, it does. I found what you said about levels of energy really interesting. Can we include maybe a chart or a graph of levels of emotions, of energy of each emotion?

**A:** There were some things like that, but honestly I don't want to go so much into something like that, because everyone is unique, and everyone is different. I've been having dialogues with people, and they were saying most of the time they are in joy, because we live in a society where it's very, very easy to try to pretend you're someone you're not. It's easy to pretend. We saw on social media how everyone is trying to pretend to be what they're not; and especially when it comes to energy states, it's very, very easy to pretend, like 'Yes, I'm in inner peace 90 percent of the time' or 'I'm in joy most of the time'. It's so easy to say the words. I prefer, if you want to make spiritual progress, that the first focus and the first milestone, which would take a while actually is peace of mind, inner peace. That's the most important. So I think, if you want a test, if you want a comparison to 'Where I am?' – Am I in peace right now or not? – during 24 hours, when we sleep you're usually in peace, but maybe you are active and awake 18 hours out of 24, how many of those hours, of those minutes, of those seconds were you in

peace or not? That should be the primary focus for somebody who wants to become a master at controlling their state of being, of controlling their emotions. Peace is something that is amazing because once you get to peace it's much easier to get to other levels. At this moment, I can say that I'm not in inner peace myself 100% of the time, although I've been meditating for the past years most of my time, and I'm still not in a place where I can say 'Yes, I am 100% of the time in inner peace'. I still have some small little storms that I'm dealing with sometimes. But on a belief level, I am almost 100%. So if you want to make progress, if you want to accelerate, the most effective way is to look at inner peace as the barometer. Is that helpful?

**Q:** Yes, it is. I'll focus on that in the future. Actually, what you said dives a little bit into my second question about the formula. To be honest, I had difficulties feeling the emotion of my visualization. So I was visualizing my goal, I knew what it meant; I knew it meant happiness and bliss, and I should feel excited, but I just couldn't feel it. I am not sure what the right word would be, like numb or nothing. What can I do to actually feel the emotion to go further with manifestation?

**A:** So the feeling that you envision was it something that you really wanted or not?

**Q:** I believe so.

**A:** Why would you be prioritizing something that you don't really want?

**Q:** Well, I do think I want it. I just couldn't feel the emotion of that one.

**A:** You think that you want or you know that you want?

**Q:** I know what I want. But I just said think because I couldn't feel the emotion. So I thought maybe there was a connection there.

**A:** Well, when you know that you want something, when you visualize it, it's usually very, very simple and easy to feel excited about having it, about experiencing what you want. I mean, we can redo the exercise right now and maybe you can be more specific. For example, we did it with Andrei and his car, if I remember correctly from the last call. Right? Let's move forward then and pick something, maybe the one thing that you want the most, that makes you the most excited about?

**Q:** Should I go with the same thing that I tried to visualize earlier? Or should I focus on another goal?

**A:** Don't focus so much on details. Honestly, you shouldn't focus on details, you should know like 'Look Ciprian, what I want the most right now, what I'm excited about the most right now in my life is this.' It's important to be honest with yourself. People go in life like you know: my parents wanted me to be like that, my friends wanted me to be like that, my lover wanted me to be like that. What is it that you want? That makes you excited? That would be super nice and important?

**Q:** Well, I mean, career wise, I'm not yet decided. I'm actually at the crossroads of sorts. I mean, I know I love and I enjoy what I do, but I don't have a five year plan so to say, or maybe I don't see myself as a CEO, or I'm not sure. But what I did imagine was on the family side. So I'm imagining a beautiful house in a small village next to a big city. Maybe I thought too much about it, maybe I'm putting too much thought into the details.

**A:** I feel that in a way, because you don't really believe that this could happen to you, that was the problem with experiencing excitement. You made the exercise, but you didn't fully believe that it's something that could happen so it has some disappointment attached to it. Was that maybe the case?

**Q:** I think that's it. I mean, I guess that is. I am not sure what the path to that is. So maybe that's what blocked me from actually feeling the emotion.

**A:** Well, honestly I think it's a great point that you're adding, it's a great thing that we'll explore it, because in a way the biggest problem with experiencing manifestation is not necessarily the wanting part; wanting adds information to the vibration that you are signaling into the universe, right? Because you want something, you're excited that you will receive it, it's like when you want an ice cream, and you're excited and be like I will go to the market and I will have an ice cream, and it will be so great. That anticipation creates a lot of excitement, if it makes sense. So this is an important component but most people don't have a problem with that. They have actually a problem with let's call them maybe blockages, although I am a bit reluctant to use that word because whenever people hear about blockages they think it's something serious, something that must be bad, and they create some sorts of negative beliefs and they get stuck a bit. So in a way, the bigger problem with manifestation is allowing to let go of resistance. Why wouldn't you think that having your own house and the way you would want to have a family? And if you want, we can also go into your career, but since you prefer this example, we can go through that. Why wouldn't you believe that is something that can actually become true? What is the main reason?

**Q:** I guess that ties in to what you said about letting go of a pessimistic mindset and going into optimism. Because I mean, I always thought of myself as a realist, but a lot of time realists are actually pessimists, and I'm trying to correct that thought pattern.

**A:** Let me tell you something. What is realistic about the planet is that it just circles a giant fire, which is the sun, and they're both traveling at very fast speeds around the universe at the same time. While we have an experience that everything is still and nothing is moving. What is realistic about it?

**Q:** I guess that sounds a little bit magical.

**A:** Right. I mean, Albert Einstein said 'You can live with the belief that nothing is a miracle or everything is a miracle.' So actually, miracles are the normal state of the universe. I mean, when you understand a flower and how beautiful it is, you understand the miracle of life. Realism is just negative thinking and negative attitude and in a way is portrayed as something which is socially acceptable. That's basically it. So yes, it's a vibration that maybe it's not something that you prefer, it's not something that you prefer to have reflection of. I mean, let me ask you this, would you prefer to have positive miracles in your life?

**Q:** I think the answer is obvious.

**A:** So why wouldn't you prefer to accept that these may actually be possible or probable?

**Q:** I guess I did have moments in my life, like what you said, like understanding a flower or just observing the beauty and the miracle of nature, but they're just not so consistent. They're very rare for

me. So I guess I need to work on having a more consistent view of the world.

**A:** Well, I'm reluctant to use the word 'need', because need is almost like a force, and when you work with manifestation, it's not ideal to have a forceful position, to use force as a mechanism. 'I will force myself to feel very, very happy' – that doesn't work, you know? It's laughable if you think about it. You cannot force yourself to be at peace, you cannot force yourself to be super happy. You can pretend you are, but you cannot run away from what's going on. Pretending is like in the mirror; you look at the mirror in front and you pretend – 'Yes, this should be it. The mirror should smile back at me.' I mean, it doesn't work. What's more important, in my opinion, is to look at what is right here and right now, because everything is right here and right now. The mind and the levels of consciousness are a bit like a sky. The sun is always there, but sometimes there are some clouds that shadow the sun. So when you clear out the skies, when everything is clear – that's why I said that inner peace is more important, because inner peace is something that you can measure directly in the present moment – if you have inner peace right here, right now, the sun has to be there. If you have inner peace right here, right now, joy automatically follows. Does it make any sense? And when you have joy, already the reality is magic. It's like a child. I mean, when you were a child, you believed in miracles, and maybe sometimes you believed too much, right? I remember when I was a child; I used to live on the fourth floor of a building, and I was thinking that maybe if I really believe I could fly, I could fly. Good thing that I didn't try. But when you are a child, you believe in miracles, you see the miracles, and you usually are very, very happy. When you work with yourself, you go back more and more towards the state

of a child. I mean, you have the quality of maturity, which a child doesn't have, but you can also include joy and the happiness that a small child can have. Not all the time, but at times. So let me ask you this, what it is that you feel and think right now?

**Q:** I'm thinking that I need to reflect on what you said. Honestly, I'm feeling curious about trying this out and being more open.

**A:** It's good. I love curiosity. Because curiosity allows for more knowing yourself, allows for more introspection. And when you really search for meaning, you will understand that you were created in the image of God, of the Universe. You are, in a way, a child of creation. However, you don't have infinite wisdom and infinite intelligence right now. You don't. I don't. So it's important to understand that with nothing that is an ultimate truth the Universe says 'You cannot have that. You are my child, I love you unconditionally, but you cannot have that'. There is nothing actually, there is nothing as an ultimate truth that you cannot achieve or do if you have a good strategy. What will matter more is the priority. What matters more to you: to have a billion dollars in your bank account or to be really fulfilled in your life? People chase all the time numbers and some other things that they could brag to other people about, so they feel better. But however, if you are already in a state of mind where you don't feel the need to brag to other people, where you feel good already on the inside, these things will start not mattering so much, and you'll be focusing on other things. People don't know how good you can feel only from the inside. They just chase material things – shoes, cars etc. They give you some satisfaction for the moment, but they usually don't create lasting happiness. However, when we have something that is good and you have from the inside the abundance, you can enjoy

much more what you have right now, which is actually more important. To enjoy the food, not just to have some information that this should be the best food but yet you don't enjoy it, if it makes sense. It's much more important to enjoy, to be enjoying and to feel as good as possible, than to just have some society accept approvals about things. Society doesn't know, society has no clue actually. It likes to create rules, and to tell people how they should be living their lives. But look at facts, look at what happens. Most people are actually depressed, unfortunately. Most people don't know what they want. They think they want more money to be able to buy more things, because they believe that will make them happy, but it doesn't really work. I'm not saying it's not good to buy more things when you can afford them, when you deserve them, but it's funny that when you get to a state of abundance from the inside, you will not need as many things as you think you do. You'll not need a thousand cars. That's just my opinion, doesn't have to be your ultimate truth. Does it make sense?

**Q:** Yes, it definitely does and I resonate with some of the things you said about societal standards and the focus on having money and happiness equal money, which I don't believe in, but I had to train that out of myself, and I'm sure many people do.

**A:** Well, someone very, very sage said that most people sacrifice their time, their energy and their health to make more money and later on in life, they spend all that money to get back some of the health, but yet they cannot really get it. They buy things to impress people that they don't like in the first place. So, yeah, in a way, society standards are a bit foolish. So that's why you shouldn't be under the shackles of the matrix, and I can say that it's a matrix, and you should escape from it. So I can ask you again, what is it

that you truly want for yourself? Nobody is watching and even if they were watching, it doesn't really matter, you shouldn't care. Whatever makes you more excited?

**Q:** I think it's just the simplicity of family life. I mean, I wouldn't want to let go of the luxuries that we have right now, even going to the cinema and seeing a movie is in its own way a luxury, but I would like the simple life with a beautiful house, a nice garden, a family. I guess that love and peace that is associated with that. That's my ultimate goal.

**A:** And having that would make you more excited and happier?

**Q:** Definitely.

**A:** So what is the problem with what you said? Because you said you have a problem experiencing those feelings. Can you feel them right now? When you think about it?

**Q:** I'm not sure. I mean, I can visualize them. I can see myself being happy, but I'm not feeling happy right now.

**A:** You just said definitely. So in that moment, when you said definitely, I'm sure you could connect to that excitement that you would feel if those were true. You can connect, right?

**Q:** I feel the excitement, but I don't feel the happiness.

**A:** So what would it take for you to feel that happiness? Or maybe what prevents you from feeling that happiness?

**Q:** I think it's exactly what you touched on earlier, that I don't see a path to it, so I don't think it's possible. That's why I'm not allowing myself to really feel it, but I will work on it and do the exercises again.

**A:** I mean, it's like with the mirror example. You frown at the mirror and looking at the mirror how is frowning back at you, you just say 'I don't see a path to the mirror smiling back at me.' You understand?

**Q:** Yeah, I guess it's easy to get caught in these societal standards of what you need to do to get there. It's easy to get trapped in that when it's really very simple, as you said.

**A:** Trust me, success to the most successful people happens more like an accident. You cannot really schedule everything. You have fortunes and misfortunes. When you have the right vibration, you have fortunes, when you don't have the right vibration, you have misfortune. So of course, there are some other factors, because there are some people, there are some I would say other forces, but by far the most important is the manifestation that you're doing with your own energy, by far. I said earlier that Jeff Bezos was lucky, Zuckerberg was lucky but they even admit it. They say so as well – 'Yeah, we were lucky. We are in this position right now because we were also lucky'. There are articles about it. I cannot have a perfect formula for that because maybe it's a plan of souls and spirits that I don't have a clue at this moment. And who knows what the real reason for that was, you shouldn't feel envy or something. I mean, it's great that they're examples that these kinds of results are achievable by another

person. That should be something that gives you motivation. Some others achieved this, so it's possible. There is an example, someone broke a record that was believed to be impossible when it came to running. Everybody was shocked, they believed it was impossible. I didn't read any specifics, but someone broke that record almost immediately. Six or seven more athletes broke that record after. After that, they thought well, that is possible. So let me ask you this. Is it impossible for someone to achieve what you want, to have a nice house and have a nice family? Is it impossible?

**Q:** No.

**A:** Why do you think it would be so hard for you to achieve it?

**Q:** I guess it's tied to the fact that career wise I don't have a specific plan, but I think the key is to let go of that side of career because that's another goal I'm looking for.

**A:** Maybe you will attract it. Look, right now you're participating in a course that has a potential payoff for you as well. Maybe you will attract it. Who knows? But trust me; once you smile in the mirror, the mirror has to smile back. Yet, when you're cautious and saying 'This mirror is tricky, it has been frowning back at me for too long. I'm not sure whether it's possible for the mirror to smile back at me.', that's what happens. If you just keep your frowning vibration in the mirror, it will just give you back the frowning reflection. For the mirror to change, you have to change, because with what you believe, you create a reality. The universe only says yes – your wish is my command, that's manifestation.

That's how it works all the time, for all the people. So it's your choice, what do you prefer on the inside: you frowning or you smiling? Who cares about the results so much anyways? Who do you prefer to be on the inside, someone smiling or someone frowning? I think that's more important.

**Q:** Thank you a lot for the advice and I'll keep going at it and maybe come with additional questions if I have some in the next module.

**A:** So the process of continuing to work on it until we have some certainty that the process works is a process of troubleshooting. Like for example, she noticed she couldn't get to a state where she feels more excitement. Maybe we can work some more on that in the next module or we could take some more time after I'm finishing with the point that I'm currently having. So in a way, it's like troubleshooting, because you have to observe where that resistance comes from. Am I feeling the feeling of perfect abundance 100% of the time, or not? For beginners, I think it's not so easy to have the perfect feeling of abundance from the first get to go, because they have habits of negative thinking, they have negative emotions or have beliefs that are rooted deep down. It's important to observe them, so you can break more and more negative cycles, and start with introspection and meditation, which can be interchanged. That's why I was saying that I'm not such a big advisor of going for the guided meditations that you can find on YouTube. Those are okay to make you more comfortable with the state of relaxation, but when you want to actually work on knowing yourself, you want silence. There was a saying that said, 'The word of God is silence, everything else are bad translations.'

So observe silence, what happens on the inside. Maybe you can reach a point where you have lesser thoughts, and less and less thoughts, until you can remain without thought for a lot of time. Then you can observe something else. It's not like you disappear. You just expand. You can observe your emotions better, your energy flowing in your body. You can observe your soul. Then you focus on inner peace. The more peace you have in your soul, the more you can observe your spirit, and the more you feel in joy, and the more you feel in joy, the more you can enjoy the present moment and the more, as a reflection, the Universe will give you back more and more joy. That's how it works. I still have some moments where I have some storms, but what I do is, I observe and allow the storm to pass, to show me, to teach me, and to enlighten me. I don't do many actions. I just observe it and I allow timing for moments of action when I have excitement, when I have clarity, when I have calm, when I have a relaxation, and when I have a lot of passion. And that's how I want to ground through action the circle of manifestation, through positive emotions and positive energies. That's how I ground that energy into physicality.

**Q:** Previously, you said something about dreaming. A silly question that maybe I had in mind, if we are also manifesting when we are dreaming?

**A:** Actually, in a way the dreams are on a level that is higher than physical reality. So when we are dreaming we are closer to our spirit, than we are when we are awake. If you can think about it, when you dream it's always the present, or you're much more connected to the present, and you actually manifest much faster.

So in a way dreaming is a template reality. If you can wake up in your dream and become conscious, you can actually slowly control the energy, and you can receive the dreams that you prefer to receive at a much more, let's say fundamental energy level. If you can control your dream, for sure you can also control your reality, your physical reality. When I say control, I'm not saying you just picture stuff and things are happening. I'm not in that place and I don't know anyone who is in that position. I'm just saying you notice your state of being, your emotion, you calm down your emotions, you become more and more relaxed, and as you become more and more relaxed, the dream changes because the dream follows the emotion, the energy. As you can tell, you still have emotion, you still have energy when you are in a dream, and these are the controlling factors. So you don't work with force on the outside. You just allow more and more relaxation on the inside and you receive more control.

**Q:** Well, I also had another maybe silly question. You talked about inner peace, and I was thinking about religion and religious people, how they often feel inner peace because of their religion. So I was wondering if you think religion and manifestation are closely related.

**A:** Religion was something made in the past to control society. So somehow God has no religion. I'm not saying religion didn't have its usefulness; it had some usefulness in the beginning. Because you know, people were murdering each other, and someone said 'I am the son of the sun. So, you should obey me and you should stop doing that, and start doing that'. So it had some usefulness in creating organization in those ages. However, as you can see,

religion more and more starts to have less and less influence on society, especially when it comes to children, especially when it comes to young people. I think religion did more bad for spirituality than it did good, because if you look at Christianity, it's very, very common to have this attitude that you are a sinful creature, that you have to prove to God that you are worthy, so God in return can actually look at you and be grateful with you. So I don't think religion is a great place to start to be honest if you want to make progress in spirituality. Maybe I haven't answered your question. Maybe you can add some more details to it.

**Q:** Yes, sure, I was thinking more about prayer and I'm not just talking about Christianity, I mean, religion in general.

**A:** How often have you noticed that prayer actually works? Not so much. I experienced prayer when I was younger, because I was under the influence of religion. I tried most of the manifestation tools and methods that I found to see whether they work or not. And what I found was that prayer works only under one circumstance for me, when I believed that God hears me, and I believed in God to make my wish come true. So that was the only circumstance where prayer was working. Believing in God, that you have a conversation with God, and believing that God will actually listen to you, and will make that happen. So we go back down to belief, believing that this will become true because of whatever reason and here the reason was that God himself will actually do this. So when you believe something, yes, that belief will eventually come through; but usually prayers are like begging. So how many times do you see a beggar become rich when they beg for money? Because in a way, praying practices the

abundance of luck 'I want more money, I want more money, please, please give me more money'. The right prayer or the right tool for receiving more money is actually 'Thank you for all the money that I'm already having. Thank you for all the money that I'm already receiving.' I haven't found so many priests, you know, that actually can teach a correct prayer. I have in fact found many, many priests that believe that God will punish you for your sins. Which is absurd, but anyway please go ahead with what you had in mind?

**Q:** I guess there are a lot of differences in each religion, in what they teach, like Christianity with sins, but maybe the connection is that exactly that gratitude? Because I'm sure not everyone does that during prayer, but I've heard a lot of religious people showing their gratitude to God, whoever God may be, if God is the Universe, then that gratitude transforms into good energy, right?

**A:** What I don't really like about religion is that they exaggerate humbleness like I'm so grateful, but in a too humble way. It's still very, very much connected to an energy and an emotion of guilt. Look, God chose that you should exist. God doesn't make mistakes. If God wants you to exist consciously, it means that God needs you for all that there is, for the full reality to be complete. I'm not saying you become arrogant with that. I am saying to become balanced, to understand that you exist in the image of God and that we are all one with God, and to become happier just because you are. God didn't make a mistake when he chose that you should exist. The infinite intelligence created you, it doesn't make a mistake, so you should feel proud that you are part of creation, which is not exactly the vibration that I'm

noticing with religious people. There was a lot of dogma with guilt. If you go to a church - I mean, we are in Romania, there are a lot of Orthodox churches, and you see saints, who are all martyrs, and they're crying. So you get the impression that these people were so close to God, and God loves them so much, but look how you should be, you should be suffering. Dogma has nothing spiritually positive about it, nothing spiritually. God wants what you want. He or she would prefer for you to be super excited and to become like him more and more, to become a conscious creator with God like abilities. I think that what he or she would prefer, for you to manifest your reality precisely. But we have time, we're infinite. We'll get to that.

**Q:** Maybe a little follow up on this religion subject. So do you think that religious people cannot get the full benefits of manifestation because of what they believe in?

**A:** Well, they get full manifestation anyway. They get it all the time. Like I've said, it's not whether or not you believe in manifestation that will make it or break it, because manifestation works anyway, the reflection of reality works anyway. So in a way, they will get a reflection. That is true to their core vibration, and core beliefs. I cannot say I envy the life of priests. There are some nice ones, I mean, there are some priests that are happy, but I cannot say I have so much excitement for life like that. Maybe some people would have an excitement for a life like that, but is it the reflection of something that you would prefer? If you would prefer it, then why not? But I can't say I prefer it in most regards to be honest. I learned about some priests that were actually very good givers. They were helping children; they were helping

people in need. I heard about some cases like that, and I think that's very, very nice if that's something they truly prefer to do, not something only for the eyes of people. It's funny, but when I was young, I met some priests; I can say that I was unimpressed by most of them. I learned from other people who were spiritual, but it was a very, very different thing. Some of them were able to perform miracles, and I've never seen a priest able to perform miracles. Never. I'm not saying performing a miracle is something that excites me the most right now, but I'm just saying this as proof that a person can have quite an impact on the energy of reality. Anybody, if you can do that. I'll talk about an exercise for this module, because the intention of this module is to have the process of continuity until we get more and more solid reflections that can prove also to the physical mind that yes, it's working, I'm feeling abundant when it comes to money and I'm starting to receive money, I am feeling abundant when it comes to love and I'm starting to receive the reflections of love more and more in my life. So you should have some minutes each day to observe how your state of being was most of the day. And I want you to become more and more aware of the negative state that you experience and more and more to decide that you just shall allow them to pass. When you observe them, you also give them energy, because energy flows where attention goes, so you don't need to do something, you just need to observe, because by observing you pay attention, and when you pay attention to something it changes, slowly, but it changes. So just notice, whatever it is that you don't like, and the more you notice it, the more you observe it, the more it changes into something positive. First, you start to accept it, then you start to realize you have a choice, you can pick a different point of view, then you have

multiple points of views. 'I prefer more and more this view. I prefer this perspective. I would prefer to have that more and more.' and then it changes slowly into a habit. As I said, the issue with most people is eliminating those frictions, those negative beliefs, those negative emotions, those negative energies that are manifesting right now and are habitual. So just observe them more and more and change them from the inside out. When you have negativity, it's best to be neutral, to understand that these are things that might happen, but eventually good things are happening as well. So it's like the Yin Yang. Neutrality, when you're dealing with negative energy and when you have too much excitement is good to work with relaxation, because too much excitement if you don't control it, if you just jump up and down, you can become a bit anxious. So slowly integrate more and more the energy of perfect abundance, let's call it troubleshooting, the small blockages that you may experience like you have been saying. Just focus on the now, on the here and now, on the present moment, and don't imagine new challenges. No, just pay attention to what's going on right now. Are you in that state of abundance? Are you in that state of receiving? Or are you in a state that is more toward blocking? If it's hard, just go to neutrality, and the more you neutralize it, the more and more you get closer to accepting the positive side and to creating a positive habit into the positive side. That's the exercise. Does it make sense?

**Q:** It does. I think it will be very helpful. Thank you!

**A:** You're welcome. Are there any other questions?

**Q:** For now I think that's it for me.

**A:** Okay, have a good day. And I look forward to the next module.  
All the best!

**Q:** Thank you! Have a good day!