

# BEST MANIFESTATION

module 6

The Manifestation Accelerator



## Module No. 6

So we have module number six, which is called *Inner peace*. I'm sure you heard about inner peace in some movies. One of my favorite movies is an animation movie 'Kung Fu Panda'. And there is this turtle that has reached inner peace, and another character which is a mouse and is striving to get to inner peace. It's a great movie, I recommend it to anyone, and is great for kids as well. It's one like I said of my favorites. And it's funny that the movie contains actually some real elements from the Asian arts, because in Asian arts, in Buddhism, in Nei Dan, in Qigong, one of the main objectives is for people to reach inner peace when they go on a journey to make spiritual advancement.

There are many levels, in my opinion, of inner peace, because it's difficult to get to complete clarity. So the first phase of getting towards inner peace is like we talked in the previous modules to be able to sustain a state where you are without intrusive thoughts. And I'm sure you can understand what intrusive thoughts are. So basically when you try to meditate, see if you can stay in a state where you don't have any thoughts that you don't need and didn't require for them to appear. Most people cannot do that. It takes some patience, it takes some practice to get to something like that. Then after you reach that phase, where you're able to stay without thoughts, then you look into emotions. And you check the emotional states. Are you in a state of tranquility, of calm, of full relaxation from an emotional perspective? Or there are still some nuances of emotions that maybe are not perfectly calm and relaxed. Right now I'm mostly in that phase, where I'm still working with my emotional core. Of course, I have activities, I mean I

meditate most of the time, but I have activities; I meet people, I work on some projects, so I'm still in a proactive phase. I'm not like a monk that doesn't have anything else to do. So, of course, things still manifest into my life. I still get some states of excitement that if I leave unchecked, they can create anxiety. With the past, I'm already at peace, most of it. I say most of it because you don't want to be too sure when it comes to things like this because you can fool yourself and you can trick yourself. It's much better to stay humble all the time. There is a saying 'never say never' so we cannot be certain about things. When it comes to your subconscious mind, when it comes to your unconscious mind, your super conscious mind it's better to stay humble and allow surprises to come along.

So inner peace is a stepping stone and it's, in my opinion, one of the most important objectives that you want to achieve, more and more inner peace, when you want to take control of the manifestation of your life. Because what happens, if you are in a state of vibrations that create turmoil, that create tornadoes, through thoughts, through feelings, those are still vibrations that you signal into the mirror of reality. And of course, the mirror has to obey. So it will signal back at you what you signal. The reflection of anxiety is not necessarily the nicest one. I mean, something that you would prefer, neither the reflection of worrying. There was a saying that worrying is like praying for what you don't want, or what you don't prefer. So that's why I'm not a big advocate of visualization and just visualization. I'm not saying it doesn't have some effect. There are some people that said 'I was visualizing this objective for thousands of times.' but they don't really say 'I had to calm myself in that process. I had to become comfortable with that visualization tool, to be able to see myself as somebody who is



achieving that in the present moment.' That's how you signal correctly in the mirror of reality who you are, and the mirror gives you back the feedback of events, the feedback of experiences. This is who you are? Okay, reality confirms. For peace of mind that's why I also spoke about nutrition, about water preferably with lemon and I also spoke about meditation and introspection, because you cannot take fragments of your being and think this is something general. And I can explain. You cannot say 'Okay, I'm peaceful, because I'm relaxed about this thing in my life.' No, it's about the total reality, about all the things that happen to you. And about all the things that happen on the inside of you, in your mind, in your soul as emotion, in your body. So those elements, all those elements have an impact in the total reflection of reality.

Let's give a funny example that is smiling, and the rest of the face is frowning and expect the mirror to be totally smiling back at us. You'll see one of the eyes that smiles, as a reflection of that it will smile back at you but if the rest of the faces frown, you'll see that as well as reflection. So in a way, you have to become aware and objective, very, very objective when it comes to the truth, because the truth like I said is one of the paths to enlightenment. So it's much better to accept the truth as it is, because it's not necessarily good or bad. It's what you make of it that can become great or worse or bad. I can give you examples. I got sick, I told you about that, in my late 20s with arthritis and psoriasis. I felt that somehow life just screwed me. I mean, I was having success, when it came to money. I was having success when it came to love, but it got me to realize that you can have these two, but if you don't have your health, it's basically useless. I mean, okay, I used the money to get to the best doctors, and the answers they gave me were not very pleasant. Some doctors told me I will not be able to

walk in a couple of years, and other than trying to manage these diseases, there's nothing much that I can do about it. It's easy to look at that situation at how it is very, very bad. But look, right now I see it as an opportunity to take some time and not just go recklessly on the money path, on the career path, and to just try to make as much money as possible and that's it. Just stop. Your purpose as a spirit here is not to get in a rat race of who makes the most money. It made me proactive about my nutrition, it made me proactive about meditation, it made me proactive about let's say healing myself, healing my soul, healing my spirit, and healing my body. It made me research a lot more than I used to when it came to spirituality and health. And without this knowledge, I wouldn't be in the position I am right now. I prefer it much more than the position where I have more money but my life would just be a mess. And I've met people like that. And I'm sure people can think about other people who have the money but they have a lot of other areas in turmoil.

Or even famous examples, like the kings of pop Michael Jackson, or Elvis Presley. From a career perspective, they went to the top I mean both of them were multi millionaires. They were famous, very, very famous. Many women loved them, so love was easy for them. But they didn't have inner peace. And that beat them; that messed up their life. They went to doctors, they took chemicals. I mean, they have almost the same path. From the outside you expect to get in a position when you're rich and famous and everything is perfect. It's not really like that.

If I had to choose between being rich and having peace of mind, I would totally choose peace of mind. It's much more important. And people who have money already understand that.

I'm not saying being rich is not fun, it's not nice, it's not important. It's great. But I would totally prioritize peace of mind in front of money, in front of almost anything else because once you get to peace of mind you get into a phase where you can build. If you are at peace with the money that you have, with your financial situation, then you can start a growing process. If you are at peace with your loving life, with your love situation, then you can start the growing phase. If you are at peace with the health you have, then you can do something about it. You can make progress. And I gave you a resource for that in the module about nutrition and health. It's one of the most difficult situations to have problems with our health, but get to peace, do the things that Anthony William teaches, and yes, you'll achieve success. I'm very, very confident about it. So inner peace is a stepping stone, the path to getting more and more into a good life, is one of the most safe and efficient paths that there are. And to me, it's a bit so to say, weird that not so many people desire peace although it's so important. Look at what people want. People want more money, they want cars, and they want to have fun. Traveling is great. They want traveling, I have nothing against that. I think it's one of the best things that you can spend money on, for sure. But so few people would say they want inner peace. However, it has such a profound impact on your life, to be at peace.

I'm sure in the future, I'm not sure when but people will look at peace as a new well because look at what happens in society. Especially right now, I'm recording this module and we're in the middle of the COVID pandemic, and everybody's complaining. Everybody's complaining. When you're complaining, by definition you are not in peace. It's acceptable to complain, I'm not saying it shouldn't be acceptable. But nobody notices that so many people are out of balance. And yes, it's not acceptable to do some other

things that are shallower, but being without peace is so acceptable, because so few people actually have it. And if you look, many times people that are at peace are also pretty happy. In most of the cases, they're pretty successful as well.

### **Questions & Answers:**

**Q:** Are there any physical techniques like doing yoga or I know there is a guy Ido Portal who has a training program called 'The Movement' if you've heard about it, and he promotes inner peace and gaining inner peace through exercising. Do you know if this helps?

**A:** Well, there are many people who try to promote techniques and I'm not saying that there aren't some techniques that are very effective and I've done some techniques myself. I've done techniques when it came to Nei Dan, when it came to Qigong when it came to shamanism. However, every master that achieves mastery from what I know, they go into meditation and they connect more and more with the present. In my opinion, this is the most simple and effective way, because you look at how marketing works, right? And many, many times, people will say 'I only received one technique, how much does that cost? Maybe it's not worth it'. So, there are some other gurus that try to create a lot of content, try to create many techniques that are sometimes not easy to learn and sometimes can also be dangerous. I've seen some cases like that. And because they have a package of many techniques and have many tricks, they can charge people more money. It's hard to put a price on simple things. In a way, sometimes people don't like to reward that. But many, many times,

the things that are very, very simple are hard to understand for beginners, and maybe don't expect them to work so well. But success is usually simple.

I can give an example. One mentor of business that I had, said to me that if you want to make a million dollars, you have to put your business plan on a piece of paper and if you want to make a billion dollars, you have to put your business plan on a post-it note. An example that comes to my mind, there was this Asian emperor who wanted to put all the knowledge of the world together. He called the most knowledgeable people in history, and he gave them a mission to write the entire world's wisdom in a book. After a couple of years, they came and gave the Emperor the book. He said it's too thick, too many pages and told them to put it on a single paper. They looked at each other without saying anything. After a couple more years, they came back with the page. The Emperor told them it's too much, I want only one phrase. After more years, they came back and said the phrase was 'There is no free lunch'. So don't underestimate simplicity. Even Albert Einstein is famous for saying 'everything should be made as simple as possible, but not simpler' and he is also famous for saying that 'There is genius in simplicity'. One person that makes things too complicated, in a way it means that he doesn't fully understand those things and that subject very good as well.

I mean if you want I can explain more meditation for inner peace. So meditation is a lot about awareness and stillness because someone who is at peace is much more still. When you look for peace, you want to look for stillness. And I have a famous quote from Bashar, for me at least he's famous, 'To move at infinite speeds, you have to be able to remain perfectly still.' So, people



want tricks like visualization techniques and movements and like secrets. Well, try something like this. Try staying in one position without moving, and see if you can still everything else, if you can create stillness in everything else in your mind, in your emotions, in everything else. Maybe focus on breathing. Maybe focus on your lower belly. But see if you can create stillness. And I'd be surprised if somebody says, 'I guess I achieved 100% stillness', I'd be very, very surprised. I'm doing that for years and years and years, and I still have work to do.

**Q:** I wanted to ask you something about the flow state and how we can achieve such a flow state through meditation.

**A:** What do you mean by the flow state?

**Q:** The creative flow state when you are in such a state where nothing from the outside, from the exterior is bothering you and you just put your thoughts on the paper. I don't know how to explain it exactly

**A:** Yeah, I think I know. I wanted to make sure that we talk about the same thing. So there is even a book, a famous book that I recommend, although I have to admit that I haven't read it, but I'm sure it's very, very good, because it was recommended a lot. 'Flow' by this author Mihaly Csikszentmihalyi I don't know how to pronounce it, I will just give it as a reference. I'll just give you the **link**. For sports people, it's called the zone. That's how in sport is referred to that flow state. What both of these have in common the most is to be able to connect with the present, because what hinders productivity is when we have interruptive thoughts. I mean, I have to talk about this. So the problem is that most people are focused in the past and in the future, and you can see signals, clear

signals. Because usually when you are focused in the past there is like worrying, if you are focused in the future, there is anxiety, and in the present, only in the present, you can be totally calm. So to get more and more into a so-called flow state or the zone, it's important to be more and more in the present and in as much stillness as possible because then you can use the brain more efficiently.

You know, many people said that we only use 10% of our brain or some percentage like that around those numbers. From my research, I know that we use 100% of our brain all the time. However, the efficiency of that is just at 10% because we have many conflicting beliefs, we have many conflicting emotions and we consume a lot of energy in dealing with that. So you achieve flow because energy flows all the time, the more you get in the present. As a benefit for people that are excited about so called special effects, about having superpowers and stuff like that, once you are able to still your mind and to still your emotions, you are also able to notice the flow of the energy inside. You are also able to notice the energy, how it is working on your chakras. And they're also able to notice the energy from the Dan Tian in the lower belly area, from the heart which is called Neidan Jong Tian. It is being said that over there is the reincarnation energy that is burning. So you are able to notice your own energy flow, so yes when you are calm, you're at peace and you are in the present, more and more still, you are able to also access a lot more flow, a lot more zone. And you are able to be more productive. I mean, even this course as you know, I've made some notes. I am in the flow, I'm in the present, and I'm channeling in a way my heart, I'm channeling my spirit. I think the content so far is pretty good although I haven't

really prepared it, but it's something that I already knew. And I wanted an easy format to be able to express this in some way.

So let's talk a bit about emotions, because like I said, emotion is probably the most important factor in manifestation, because emotion contains motion, energy motion. Emotion is vibration. Everything is vibration. You signal vibration, and receive back vibration in the experiences you are having in and within the physical reality. So look at the present. Sorina gave me an example. What if you fear spiders? Is there a spider right now in the present reality? Chances are no. So it's something that is worrying you from the past; or maybe something about the future like will I have enough money to be ok in the future? Will I have a good lover in the future? You are not still inside. But what if, for example, you love yourself, you love yourself and you are in a loving state already with yourself. Doesn't it make sense that you will attract through vibration a much better person or people who are more relevant for that vibration? Taking care of the present doesn't in a way guarantee the future? Because there's only the present moment that is ever changing and giving us the illusion of the future; I mean, the only actions you can actually take are in the present. You can plan something but it is still planning from the present and commitment that in the present that will arrive you will be able to do some more things. So you can only act in the present, you cannot act in the future or in the past.

So take care of the present and the future and the past will somehow diminish, and will become less and less important because you're smiling in the mirror. Yes, if in the next moment of present, and in the next moment of present, and in the next moment of present you keep smiling, the mirror will keep smiling back at

you. Why should you worry about the past? Like I saw the mirror was frowning at me. That mirror is tricky. If you know that you are smiling in the present and the mirror is smiling, maybe with a small delay sometimes but it's still smiling more and more in the present. Why should we care about the future? Because if you know you can keep on smiling why the mirror wouldn't smile back in the future as well which is the present actually once we get to that moment? So be concerned with the present because everything is in the present. Achieve stillness and peace in the present and the reflection will be that of stillness and peace. Okay, maybe there will still be some events and some feedback that are delayed energy from the past but why would you worry about it? Do you want to create more problems in the future? Not really, just stay calm and still and aware. Can you do something about the situation? If yes, just great, do it and don't worry; if it's no, okay, there's nothing you can do so don't worry. It's important to drop and to calm down more and more worrying, anxiety and some other, let's call them negative spectrum emotions by paying attention to them, and watching them, discovering what beliefs you have inside that maybe sustain them and drop perspectives that are limiting your beliefs. Drop them. Compare them to the ultimate truth.

Understand that there is a path to Nirvana, to ecstasy. I'm not there yet but that's my most important goal right now. How do I want to achieve that? When the mind is clear, joy follows like the shadow that never leaves. Joy, more and more joy, and guess what? Eventually it will reach ecstasy, unconditional love. I work on that. I work with stillness. I work with calm. I work with the present. Simple, but it's very complex at the same time because you notice all kinds of nuances. It's never boring. Boring is inside. Nothing happens in the present moment? No, there's always something

happening in the present moment. And always pay attention to it. Look at the inside. Can you remain still until the universe gives you back the next action? You should do it. This was a quote so to say by Lao Tzu. I can look for the exact quote. 'Do you have the patience to wait until your mud settles and the water is clear? Can you remain unmoving until the right action arises by itself?' He is one of the enlightened masters from the past, and obviously, he was having the purpose of inner peace. In the second most read book in the world, which is 'Tao Te Ching' he teaches the way of Taoism, and neidan is the practice of that, from what I know. So, do you have the patience to go further and further until the water is clear, water usually means emotion as a symbol. Joy is emotion. Ecstasy is emotion. These are components of the soul. Spirit is consciousness, pure awareness. You work with spirit to nurture and grow the soul.

**Q:** I was wondering how can you work on being more peaceful or not worrying when your life doesn't allow you to? Like for instance, if you have small children or multiple jobs and your life is very stressful.

**A:** Yeah, it's not something that it's easy all the time. Everything is simpler if you are clear, and you have clarity about the next steps. I'm sure you can find some time although your schedule may be hectic to meditate, to introspect. Introspection is maybe good for cleaning up old beliefs and old patterns of thinking. Meditation is good for getting your energy levels. It's like bodybuilding for energy. So you can still make some time for yourself. I mean, you have to be responsible with your choices. If you've got children, chances are you had that choice, right? It was you who chose to have children. And I can give you an example right now. I don't have

children but if you look at other masters, like Jesus, like Buddha, like Lao Tzu, from what I know they didn't have children either. So in a way, I'm not rushing to have children. I'm not saying to not have children, I mean, if you have excitement for having children, go have them. It's great. But I act on my past excitement. I give priority to my highest self because excitement contains and is allowing me to understand the spirit plan, the soul plan, which is a higher component than the mind, the physical mind to be more precise. So there is a way, there is always a way but I'm not saying it will be easy if you have a life where you don't have so much free time. But still the best investment you can do is to take some time to get more clarity. Take some time to get more emotional peace and more inner peace overall and solutions will present themselves. Chances are, vibration will attract those opportunities and act on them. You don't have to remain in a desperate situation just complaining like look at me I'm in a desperate situation. Because then you're just frowning at the mirror and it cannot help but reflect back what you're signaling. And we will talk more about that in the next module, what to do when you are in a desperate situation where there is too much stress in your life, when it's hard to get into a place of clarity, of stillness, of emotional balance, where maybe there are too many things that you have to do and you don't have to have so much time. We'll get more of that in the next module. Does that answer your question?

**Q:** Yes, actually I think it will be very useful for our listeners. I wanted to add earlier, Andrei was talking about techniques and you mentioned breathing at some point. I just remembered about the Wim Hof breathing technique. Do you think it's useful for achieving inner peace, at least for beginners?



**A:** I happen to have a friend who is pretty close to me, and he's a trainer and a practitioner of the Wim Hof method. So I'm pretty familiar with that. I would say it's working so well, because in a way it's sensational. You see people that are almost naked in ice, right? So this creates a lot of marketing virality because a person goes to that seminar and has some pictures with himself in ice almost naked, or in the winter, and it looks spectacular. So that's why it became so popular, but something popular doesn't mean it's necessarily good. And I can give you the example of McDonald's which has probably one of the most popular foods. Is it the best one? No, is one of the worst by far. Sorry, but it is true. Or fast food in general, right? I mean, if we look at fast food, it's cheap; it gives the impression that the taste is great, it triggers and it tricks the brain. Is it the best food? No. Is it the most popular? Probably, yes. I mean, it gets the point. If you're starving and you are in a desert and you have nothing to eat, of course you can eat McDonald's. Maybe I put yoga in a lower position too, but honestly, I haven't made too much progress and I haven't made too much research and overall progress with yoga. And it's one of the most popular spirituality techniques, because it's focused on something let's call it more sensational, more spectacular. There's nothing too sensational and spectacular about stillness, except maybe being able to remain still in the lotus position because it's a hard position to achieve, you need a lot of flexibility in the legs, but other than that stillness looks very, very boring from the outside, and it doesn't look like something that is effective. And I can give you the examples of fights. When superheroes fight in the movies, you see sensational moves and a lot of ballet and a lot of, you know, special effects. If you look at real fighting the best kicks are the ones that

are very, very simple, you don't see so many flips and so many swings and so.

So, I think there is a belief where people don't believe that something is actually simple to achieve. They imagine it must be hard; there must be many, many secrets. And yes, sometimes there are some insights to be gained but they are not necessarily secrets. You can pay attention to the insights and the revelations unfold. And whatever it is that you need to know, you need to know all the time. That's how it works. The universe always gives you what you need, always. On a spirit level first and foremost, on a soul level second, but sometimes the spirit chooses a specific direction, a specific experience, when we are talking about cases that look helpless.

So Wim Hof, honestly, I don't like the breathing technique with the mouth, because the nose is designed to take in the air. And I've seen some times when even Wim Hof – I mean I don't want to diminish some of his results which are much more than impressive and I think he's doing a wonderful job to motivate people and to give them a lot of spiritual insights. I mean, I highly respect him and I admire his result – but from my knowledge of Asian arts and meeting people that had powers that to me look even more impressive, I know that they take in air through the nose, not the mouth. The nose is designed to filter viruses and bacteria and it's all about breathing that is very soft and very deep. At the beginning you should breathe from the belly. That's how a newborn is breathing. If you watch it, the belly fills with air like a newborn baby. You don't breathe from the lungs if you want to get into more and more relaxation, if you want to go into deeper and deeper meditation. If you are very, very relaxed, and you breathe deeply

and very soft, very calm you'll notice that the belly moves. Does it make sense?

**Q:** How do you know when you've found inner peace?

**A:** Go ask yourself in the present moment 'Am I at peace right now? Is that something missing?' and see the answer. Most people they'll say yes, they are missing something. If you're missing something, by definition you are not at inner peace, because everything that you need, for 99% you have it in the present moment. Do you need anything else right now? You need to drink some water then go and drink some water. Do you need anything else right now? Does it make sense?

**Q:** Yes, it makes sense, but what if you have everything you wanted but you still don't feel you've achieved inner peace?

**A:** Well, that's the paradox because there are cases of people who achieved exactly what they wanted and they entered depression. You will hear about that even from athletic people that maybe won the gold medal in sports. I achieved what I wanted and I got into depression. So, inner peace in a way is not something that the mind can achieve, the physical mind by itself, you have to work with your total inner world, with the inside universe because you cannot control emotions with the mind. This is something that most people understand now. You cannot choose and force with the wheel of your physical mind how you feel. Feeling is flowing all the time. Feeling is like a baby. You have to allow it to express itself. You have to be patient, and have to nourish it. Inner Peace is first and foremost emotional, because the biggest power in our body is contained by the soul, which is the emotion. And you can see that. You need excitement to be motivated. You need passion to be

motivated. If you have passion, then you can achieve amazing things. You can work for hours and hours and days and it doesn't feel like work. It feels great. That's the power of emotion. And you feel when you feel apathy and depressed nothing happens. I mean, almost nothing works. Correct? So people put too much weight on the physical mind. That's one of the problems of society. But the physical mind is just a tool to receive the highest thoughts it can receive from the higher mind, from the spiritual mind which, at the ultimate level is connected to God. God, from what I know, is the observer, he gave us his thoughts. However, based on the vibration state that we have in the present moment, we receive thoughts from a lower spectrum, from a lower level or thoughts from a higher level. That's why you can easily explain how when you feel great, you have amazing thoughts and when you feel bad, you have terrible thoughts. When you are calm you have clearer thoughts and you guess what? You get into flow. It's easy. It's simple. Does that answer your question?

**Q:** Well, I was wondering. What's your opinion on meditation tapes that are supposed to work while you are sleeping either guided ones or those with delta waves?

**A:** I actually have used them in the past quite a lot. And I think they're pretty effective because they put out a frequency in the physical space that you are. I'm not saying you should rely on them. They are something that helps. So for example, I go sometimes on YouTube and I look for Sacral Chakra Vibration, or like Third Eye Vibration or The Heart Chakra Vibration to align that. It helps. I think it can help you relax. It can help you activate a specific area where you feel you have troubles; but you shouldn't rely on them as enough to make a lot of progress. They are helping for sure and if

you're excited about that use them, but you cannot replace meditation when it comes to effectiveness, to achieve more stillness, to achieve more inner balance and inner peace. You want to have practical work towards that. You can meditate and put on a sound to help you with that, but my experience has been that the more I have advanced more and more into the present moment I can even listen to music that is calm and relaxing from YouTube. I don't want to listen to heavy metal or folk music. At some point the best is probably silence and nature songs because you allow for synchronicity as well more and more. You have synchronicity with everything, I'm sure many people experienced like you think about one person and that person calls you or reaches you which is synchronicity. Synchronicity is something that happens all the time. It was noticed and talked about by Carl Jung and I try – and it's not a good word I know, 'try' is not a good word – I allow, it's a better word, I allow to be inspired and to be excited when I choose the tools to help me progress. One formula that I respect a lot is to act on your highest excitement until the point where it cannot go any further and without any expectations about what the result has to be. This is the usual formula that I apply in my life for actions. So I don't try to do too many things. I do the things that are mandatory like for example, my assistant comes and I need to sign a contract or stuff like that. Okay, no problem. I do that. Or I have a meeting, an important meeting with somebody, but I don't want to do too many actions because I also want to look at that quote that I gave you 'Do you have the patience to wait until your mud settles, and the water is clear, can you remain unmoving until the right action arises by itself?' I look at that. And less is more, less is more. 'If you want to move at infinite speeds, you have to be able to remain perfectly still.' I found out many times that if I don't act so much,

many things just fix themselves. I remain positive. I'm in a positive state. I'm doing what I have to do so to say, in case there are some items like that, but I don't try to do busy work, to create too much activity for the sake of results. Because busy work doesn't really work and people that are entrepreneurs or people that are experienced with productivity can relate to that very, very well. It's much more important to have clarity, it's much more important. One of the books that I recommend for productivity is 'The One Thing'. Pick the action that has the highest impact and the highest meaning and focus on that. So I do things one thing at a time. And I don't want to do too many things. Usually, I prefer to do less things that are extraordinary, than to just do a lot of things that are good. Does that answer your question?

**Q:** There are people who had some traumatizing experiences during their life, things they can never forget or get over them. Can these people achieve inner peace?

**A:** Well, there is no such thing as a thing you can never forget. You can forget and you can forgive. I think it's much more important to forgive than to forget, to be able to accept that this was an event that happened in the past. I mean, there was a reason for that happening and in most cases like I've said if you have a positive perspective, if you have a positive attitude, you can extract the benefit from it because the reality is neutral. It gives you the feedback that you need. I can give a nice story. There was a father, a farmer who had children and some wild horses were in the area, and the father took one of those horses, the most beautiful horse and everybody was saying 'Wow, such a fortune, such a fortune, you got such a great horse' and the father said 'Maybe is a fortune, maybe is a misfortune, we don't know.' Some years passed by, and



one of his youngest children, a boy while he was riding on the horse, broke a leg and he couldn't walk very well anymore. And all the people gathered and said, 'Oh, such a bad fortune, such a bad fortune' The father replied as well, 'Maybe is a fortune, maybe is a misfortune, we don't know' Couple of years later, their country went to war with some enemy and it was a call of arms, so every young boy had to go to fight the world. The young guy that got injured, because he was injured he didn't have to go. Everybody that went there died. So in a way life can be like that. People put too much meaning in events but the universe doesn't have an attached meaning. It allows you to put your own meaning. Some people will say 'but you still had a bad event with your health and you know, look at what happened. Why would you say that this is not something bad with your health?' There are people that we'll look at like that, but I know it gives me a priority in life. It helped me with that. I cannot look at it as a misfortune. I can look at an opportunity that is like a barometer. I mean, I had this problem so I had to focus on my body, I had to focus on myself, I had to focus on my soul and my spirit to work with and to grow. Maybe it was a great fortune that happened. A quote from the Dalai Lama was saying that 'sometimes not getting what you want is an incredible stroke of luck'. That's true. So the events in life are relative or neutral. Look at lottery winners. Such a great fortune but most of them end up being more in debt and more broken. Does it make sense?

**Q:** I haven't personally had this issue but I read that is quite a common problem for beginners. So do you think is it normal to have a headache while meditating?

**A:** Well, we feel pain, we feel pain so much but one of my masters was saying that pain turns into bliss. Pain is an indicator. We don't

have to fear it so much. We just have to observe it and relax into it. Pain is also healing. I mean, if we have some pain and we can so to say cope with it, it means that area is healing. You can pay attention to that. We can allow it to give us lessons and to teach us. So a headache could mean, for example, that there is brain activity and maybe that the fourth eye area is developing at some point. It's declassifying. It's allowing energy to be able to balance the reptilian areas, the spine and the instinctual brain so to say, to calm it. Who knows? Don't look at pain as something necessarily bad. Well, I mean, I was dealing with pain throughout the years while I was healing, but I realize it's not as bad as people will want to think. And like, for example, Arnold Schwarzenegger when he was doing exercises, he started to count after he was feeling pain. That's how he got so amazing results in bodybuilding. Don't worry that the universe is throwing at you more than you can handle. It never does that. By definition, if something happens in your life it means God allows it and God loves you unconditionally. So if you have a relative perspective or an objective one, you might find the benefit and the positive aspect from that situation and you will benefit from it. It will make your life turn into something even more positive. Does that answer your question?

**Q:** I have another maybe simple question but I thought I'd get your thoughts about this. If we have a choice, so if you're not too busy, how long should we meditate for daily let's say?

**A:** Well, my choice right now is that at any moment that I have the opportunity, I just focus more and more on my inner universe, and I'm allowing more and more relaxation and comfort and ease to come into my body, into my mind, into my emotions. So for me, this is something ongoing. Of course, usually, more is better when it

comes to this kind of practicing, in my experience at least. But what I'm saying is about doing exercises that make you become more and more present and make you calmer and stiller. So the more you can do it, the better it is usually. There are maybe some exercises with visualization and some I don't know, movements that could potentially be dangerous, so it doesn't apply to those. But when we're talking about stillness, about relaxation, there is no potential downside to it. I mean, worst case scenario, we can fall asleep. That's usually good. Anyway, people don't get as much sleep as they should.

**Q:** How should we react to difficult situations?

**A:** I prefer the word 'response' than 'react' because in a way, the reaction you are doing is an out of balance movement. I can give an example. Buddha was surrounded by other people and he was teaching some of his lessons. One man, just came, went to Buddha and slapped him. And people reacted 'How did he do that to our guru, to our master? Buddha just said, 'So, what's next?' Everybody was like how can Buddha allow this? He just said, 'What's next?' And the guy started crying after he saw that, because he was expecting a reaction of anger or fury from him and he just remained calm. He just asked again, 'So what's next?' So, in a way, it's best if you can remain in a state of calm when you receive something unexpected. However, if you cannot because maybe there is some anger that is automatic or some other problems, some emotional response like that, it's better to calm down. There is an exercise to first count down to 10 and then do something. You know that one, right? The point is not necessarily to count to 10. The point is to be able to relax, and be at peace and be in a state of calm when you do something. If you have too much

anxiety, if you have too much emotional turmoil, chances are, your action will not be very, very good. So that's why I prefer the word response than reaction. Reaction is reactive. Imagine slapping somebody and that person reacting to that in no slapping back or punching. No, just calm down and be in a state of calm until you can figure out through clarity what's the best action that you should take next. I can refer again to 'Do you have the patience to wait until your mud settles and the water is clear?' Can you remain unmoving – and by unmoving I mean, unmoving in an impulsive decision. You can walk in the park, you can do automatic actions, you can breathe of course, until the right action arises by itself and is a good response to that action.

**Q:** How can we stop questioning ourselves and the choices we've made in our life?

**A:** Well, this is related to worrying about the past actually. Maybe there are still some misaligned beliefs over there. Look at the emotion that you're feeling and ask yourself, 'what would I have to believe is true to feel this emotion that I'm feeling right now?' We can go into an example if you want.

**Q:** I myself don't have many choices I regret, but I was thinking that our listeners would do. Some of our listeners would ask this question.

**A:** The same principles that I told you, it's still the same formula that I gave. Calm the mind, calm the thoughts, calm the emotions then look, observe and introspect the definitions that you hold on to, the beliefs and compare them to the ultimate truth. Is that the ultimate fundamental truth? Is this something that governs the universe? No, it's not most of the time.

**Q:** Do you think that using social media on a daily basis can have an effect on inner peace?

**A:** I mean, there are studies that show that you go to social media whenever you want like a hormone hit, a dopamine hit or stuff like that, right? So in a way people become anxious. They get into boredom and they want something to happen, right? I mean, they want to see things that are not necessarily important, but I cannot condemn it, because obviously it's everyone's choice what they do with their time and their energy. I'm just saying it's not so important to check on social media. It's a big way to waste your time and your energy, in my opinion. Of course, there are also positive benefits. I mean, maybe you can follow some people and some pages that have inspirational content, where you are learning something from them, but you know that's the exception; but if you just follow a lot of people, and you're curious about what they are doing, maybe it's easy to waste time like that. It is wasted time. So myself, I don't do so much social media nowadays. I mean, I talk to people; I use the tools to talk to people, because you have Messenger, and it allows you to connect to some friends or you have WhatsApp or you have some other tools like Telegram maybe. But I don't really overuse it. I allow as big a priority in my current state to progress further and further with meditation and with healing. And of course, I also look for excitement. I do projects that I'm excited about like this one. I speak with important things. I usually don't give too many indications, maybe you could say that I don't work as much, but what I give as input is usually important, correct? So I don't try to create a lot of busy activity and give myself the illusion that I'm being productive. No. I want to make progress as much as possible in the present towards my spiritual goals and I do things that are exciting in general. Social media for me is not so exciting right now,

to be honest. To just consume time with looking at my feed and whatever someone says is doing or you know, it's not something too exciting to be honest.

**Q:** Do you think mantras can be useful?

**A:** Yeah, they can be very useful. I mean, there are some beliefs that you can repeat and rehearse and in a way, they can cut out the noise. I had experiences like that in the past where I was having difficulty with becoming still because my mind was going nuts and I knew it was just monkey brain. Especially in ceremonies like ayahuasca for example, you can have that experience where you can go for a lot of negativity. Yes, I even had a ceremony where I was repeating mantras to myself to help me navigate easier those vibrations and those energies. So I think they can be helpful. They can be very, very helpful, but I want to make sure that you also understand that the word of God is silence and everything else is a bad translation. So you shouldn't overuse noise. It's more important to allow more awareness, to allow more discovery because if you speak, you don't have a chance to listen. So allow yourself to listen more, because the inner universe is always communicating something.

**Q:** Well, I was wondering about all these different tools about spirituality and how they can help you achieve inner peace so that's why I talked about mantras and stuff like that. But I was wondering now about physical stuff like I know, many people burn Palo Santo or sage, do you think that's helpful?

**A:** Sure, sure. That's helpful. But in a way, the ultimate tool is your own awareness. The ultimate tool is the observation. So they're helpful and I like them. Palo Santo, I mean, that's amazing.



Shamans use it. You know, mapacho I used it a lot and right I'm in a situation where I don't have access to it because of the pandemic, but I'm excited about using it again in the future. It's great to use all tools, but it's also great to understand that the ultimate tool is inside you and that's your awareness, because energy flows where attention goes. Attention, awareness. I think they're pretty similar. So whatever you put your attention on, you create a change, and you allow for energy to move in that direction. I can give you an example. Let's say you're experiencing pain. The more you listen to it, the more you pay attention to it, the more you become more and more aware of it, the more and more that pain begins to relax and is becoming less and less strong. You can breathe in as you become aware and slowly and slowly you'll notice how you feel better and better. That's the ultimate tool. Use some other tools, they are great, but don't put more importance on those than what you can do with your own intention and your own power.

**Q:** So some of us live in big cities where there are loud noises around us everywhere we go and we don't always have the opportunity to have a silent place even in our own homes. Are there any ways to meditate and achieve inner peace even with those distractions from sounds and loud noises?

**A:** That's a good question. I know it can be disturbing and ideally, you want access to fresh air and to peace, but still any work will give you progress. I mean, if you have an opportunity to move and you are excited in an area where there is less noise, okay, but I live in a big city myself. Only that I live in an area where it's pretty clean air, I live next to a park, and somehow there are not so many noises. I used to live in another place that had sometimes sirens and other cars. I have to agree but I still made a lot of meditation

and progress over there. I mean, in a way through acceptance, through relaxation, the more relaxed you are the more things that are happening on the outside bother you less and less. That would be my tip, so to say. So, go to relaxation, go to stillness, and go to calmness. If you feel too agitated, focus on your breathing and pay attention to your breathing and as a mantra you can say 'I am that I am'. That's it. Breathe in, breathe out, repeat that and that's it.

**Q:** Alright, so through exercise we will be able to get our heads out of the distractions.

**A:** Yes, it's like bodybuilding. At first, you can have a challenge with lifting more weight but as you make progress and more progress, you become better. You'll find surprisingly how opportunities happen like for example, I had an opportunity to move into an even more quiet area. I didn't pay attention to it. Now that you mentioned it, it's something that happened automatically because manifestation happens all the time. When you change your vibration, the reflection changes. I'm not so focused on the outside, I enjoy the outside but my center of attention goes inside. When you change the inside, the outside will have to change as well. Just have patience. Allow it to work. We have patience when a newborn baby is born, right? I mean, we have patience, we don't force it. You have patience with a tree that is growing, we don't force it. Allow a natural process to unfold. That's how it works. God doesn't waste time. God is timeless. It's outside of time. Time is contained within all that is, which has God.

**Q:** For the moment I don't have any more questions. If I think about something else, I will talk about it tomorrow.

**A:** Okay, so the exercise for today. Allow yourself at least 15 minutes, even better will be 30 minutes, and go for stillness. Maybe it's better to close your eyes in the beginning so you don't get yourself distracted and go to as much inner peace within yourself that you can. Work out the noise. Automatically when you clear out the noise through attention, introspection, and productivity, more and more peace will come, because our natural state, our infinite state is one of peace. After peace comes, joy will follow. So focus on peace. Ideally, you can take more time for that. You can do it daily or multiple times a day. I don't know your situation and how excited you are about that but for me, is super exciting. It's probably like the most exciting thing right now. See exactly what applies to you and do that. Is that clear? Okay. Have a good day. Talk to you tomorrow. Bye, bye!

**Q:** Bye. Have a good day.