

BEST MANIFESTATION

module 7

How To Conquer Despair



Module No. 7

So we are talking about module number seven: *What to do when you are in a desperate situation?* Are you excited about this module right now?

‘Yes. It sounds very interesting.’

Okay, so I wanted to talk about this because there will be people who will say that reality right now is being so terrible with them – ‘I cannot focus on the inside, because I have so many bad things happening to me already. You know my finances don't work, I am struggling with money, or I'm in a depression because I just had a nasty breakup, or my health is in terrible condition, I'm in a situation where there is no light, there is no positivity in my life. I cannot think about smiling in the mirror, when the mirror has been terrible to me for a while or in this moment.’ I mean, I get it. I think everyone through life passes through a bad period, I've been in bad periods myself, and I know how it is. I'm sure you guys have been dealing maybe in the past with some bad moments as well. I understand it's pretty challenging, and it's pretty hard, so I wanted to dedicate a module for something like that, because we are living in times that are pretty difficult. It is the best of times, and it is the worst of times, so or maybe even more poetic, it is the worst of times, it is the best of times. So it is difficult, it is difficult, but like I said, life doesn't give you at any point something that you can't handle. It's impossible, because, if it's too much you just finish life, I mean you have an accident, or you die and you just go back to the spirit. And you may say that was a tough experience, like from

a nightmare, right? Like when you have a nightmare, maybe it's difficult and then you wake up and you go back in a good state slowly, or I'm not sure exactly how it works on the other side, maybe faster. But then you get the opportunity to have another life again. So like I said, it's important to understand that whatever the situation is you can handle it. I know it may be difficult, it may be challenging, but it's possible and the benefit is that it will build you a lot of spiritual muscle, a lot of emotional muscle, a lot of winning muscles, so to say.

There was a saying that comes to mind 'tough times don't last, tough people do.' The important thing is to be able to calm down and we talked about inner peace in the last module, in the module before that. It's important to get as much as possible to some peace because whenever you get to peace, you get clarity. Usually in situations that are challenging people try to do too many things, people in a way, get in a panic mode and they start doing a lot of actions that are not, let's say, are not the best. You can imagine, for example, how if you are in a mud, many people get in a panic mode, and they try to get out, they get in a time constraint like, 'I have to get out, I have to get out, I have to get out' and they somehow go more and more into the mud. Or I can give the example with a car because I remember that from my childhood, if you go through a mud section and your car is stuck, you don't have to accelerate like crazy, because you'll get more and more stuck in that situation with that car. What you need is to take some time, breathing helps, whenever you have emotional situations that are very challenging, you are dealing with a lot of emotions, panic, anxiety, or depression, the kind of emotions that are let's call them pretty difficult to handle – and I can list some of those emotions, I will find a list that was very good and I will just

read from it, bear with me for a second. So when you're dealing with shame, with guilt, with , with fear, with anger, with apathy, with humiliation, with a lot of regret, with cravings, with hate, with anxiety, with misery it's best to not take action immediately. The most important step in the beginning is to get into a state of reason. I mean, we can look at some people that commit terrible things when they are in an unbalanced state and I can give examples of crimes or stuff that. Usually what happens is those people are in a bad emotional state and they lack reason. So it's good to observe those emotions, to understand they are not working for you. These are emotions that don't benefit you and you can change them. It may not be instant, but you can calm down and say a mantra like 'everything that I feel right now I accept fully and completely.' So you can take responsibility and you can have the ability to respond – responsibility, the ability to respond. Get to reason. Okay, so reasonable it would be to find the most effective and efficient action that you can do to make a change. I can refer to one book that I referred to in the past, 'The One Thing' and it is one book about efficiency and productivity. It's one of the best books that I recommend when it comes to business skills, to management, to operational abilities and basically pick the most important project or task and focus with 100% on it. Give it your all. So in a way, it's the same here. You can choose the action or the courses of actions based on excitement, based on importance. So let's say you're in a difficult financial situation, calm down and see exactly what is the most exciting and important action that you can do about that. But don't underestimate calming down. I can give an example from poker. In professional poker, you hear about the term 'tilt', let's say somebody loses a hand out of bad luck or something like that and

they go on tilt, which means they believe, they have the false belief that the table, or that game owes it to them – like ‘I was having a great hand, and because of bad luck I just lost the hand. So now, I will just be very, very aggressive and I will bet all the way because this time I have to win.’ And it doesn't work like that, you know, a lot of money is lost because of tilt in that game. So make sure you take the time, because chances are, you're not starving, you have ability to get food, you have ability to stay with a friend, to stay with your family so you can recover emotionally. In the worst case scenario or in case it's a situation with a lover, or something like that, I'm trying to get to the worst situations here.

So let's say some person you love them, and they don't want to hear from you anymore. Maybe they blocked you. Or maybe you have police restrictions or whatever. I'm trying to think about the worst here, right? Because if it works for the worst it will work for less bad cases as well. So calm down, realize that maybe it was not meant to be, because if it was meant to be, it will be already and except that that person doesn't want you anymore. I know it's hard to digest. I know it's very, very difficult sometimes to face reality. But maybe if one door closes, another door opens and it will lead to a room that is even more beautiful than the one that you've been to. Maybe a better partner will wait for you. So I'm sure you can accept that if the situation is so bad when it comes to your love life right now, the partner, in a way, wasn't perfect for you. If it was a perfect partner, you wouldn't have reached a situation that was very, very bad. It wouldn't have gotten to this point. So accept that the other person wants to break up – or I don't know what the problem is exactly but like I said, I'm trying to deal with the most tragic situations – and build inside an emotional peace and the

more emotional peace we can build inside, the more emotional love for yourself you can build. Because when you're dealing with negative vibrations, it's easy to get into a state where you start hating yourself and stuff like that and this actually gives a signal into the universe that gives more negative reflections. Unfortunately, there are people who have a very, very difficult life because they don't know how to change the word starting within themselves.

Or I can give an example of a very bad health situation. Let's say someone has a terminal disease, according to doctors, maybe autoimmune disease or maybe cancer or maybe some very difficult form of other illnesses. Start with accepting that you are still alive. So, anytime you are alive, you have a chance of fighting. Start with nutrition, start with the author, Anthony William that I gave reference to and I can say you have a very high chance of healing yourself if you are still alive. It may be challenging, it may be difficult to change your habits when it comes to food because I know how important food is for us and how difficult it is to renounce of some of your favorite foods like ice cream, or I don't know, eggs or some other things like that, but you have to get to reason, you have to get to peace and to choose what is more important: your health or having for a couple of minutes the experience of enjoying some of your favorite foods? If you look at it from that perspective, maybe you get more strength. So it's important to not be in a state where you try to do too many things when you're experiencing difficulty.

You need to be able to stay still for as much as possible and once you decide with reason and with excitement what your next action should be, allow it and don't get stubborn. For example, you are decided – let's say your ex-lover doesn't want you anymore,

and you are decided, 'I'll just become a better person. I'll take some time and I'll show them I've changed. I'm a better person right now and they can be with me again.' Maybe that's a potential scenario; I'm not saying it's impossible but maybe that's not exciting for you. That's why I'm addressing that. Because out of fear of loss or out of tilt say you want to recover. Or maybe let's say you have a business and it has gone bad and you want to put more effort into it, you want to make it work because some people can't stand losing. The tilt effect also happens when it comes to investments. Some investors say they lose some money, and then they get emotional. And because of those emotions, they gamble, they think that the universe owes them something and this is acting from unstable emotions, from emotions that are usually on the spectrum of energy. Usually what happens, think from a physical standpoint, from a mechanic's standpoint, you're trying to manipulate the mirror while you're signaling negative energy. The mirror cannot be lied to, it will just reflect who you are, your energy.

So, in some of those cases, things could actually get worse. I mean, in investments for example, let's say you lose some money. It's best to get into a state of calm, into a state of reason. Look at things objectively and maybe consult with other people that have knowledge in the field and have as much clarity as possible and then decide what the next actions are. Don't be attached to things. Don't be attached to money. Don't be attached to an ex lover. Don't be attached to how you were when you were young or how healthy you were. I mean, you have to have as much clarity and as much reason and as much objectivity as possible. And I'm repeating myself, because I know it's hard for some people to comprehend from the first time. So I'm repeating some of the explanations from different angles, so it's easier and easier and simpler and simpler

to understand. Don't confuse from that perspective, excitement with anxiety. Let's say you broke up with an ex lover and you miss them and you want to get back. And you see these kinds of situations in movies as well and I'm sure it happened to most of us actually, although we don't want to admit it. And it's best to calm down. It's best to detach. Because when you're attached to something you contain fear energy in that thing. I mean, let's say you love somebody, but true love is not obsession, true love is freedom, you allow them the freedom to decide what they want. You support them. If they don't want to talk with you, why not give them that gift? Think like 'I don't need to talk with you. I mean, I will continue to care about you and I will work on my obsession. I understand that it is something that in a way has damaged my ego, my physical ego because I thought, money will be amazing forever or I thought you will love me forever, or I thought I will be healthy forever.' And situations change depending on what happened. Be as detached as possible because that's how we gain objectivity. That's how you gain more peace.

Even in Buddhism, right? You know, Buddha was a big advocate of detachment. And all Buddhists, they talk a lot about detachment because in a way when you're attached to things, you cannot really have them. It's also a component of the formula of manifestation. When you're attached to your vision you become obsessed with it. You have the potential danger of taking it personal and your energy is not calm anymore. Your energy is not one of arrival. You go into trying, you go into struggling. I can give an example with a date. Let's say you go on a date. If you become immediately too attached to the other person, it's usually not very, very good. You may scare the other person. You may be perceived as someone who has emotional issues. Let's say you are too

attached to money. You may actually fall for some scams or some other schemes like that and you can potentially lose even more money because you want to believe some things that may not be real, that may be too good to be true. And if it's something too good to be true many times, it's too good to be true. With manifestation, although it may look to some that it's something too good to be true, it's just physics. Energy and vibration impacts everything and are fundamental. Your energy impacts the Universe. And I don't want to go again, I mean, we talked about manifestation in module number one. But it's important to be detached. And it's important to be as peaceful as possible. Focus on the inside because although there may be turmoil, there may be storms on the outside, if you can keep your balance, those will pass.

And I can give the example which is faster paced because we experience manifestation in a dream anyway. Let's say you're in the middle of a bad dream. If you calm yourself down, and you're calm within the dream, the dream becomes less and less bad and maybe it becomes better and better. It's faster paced but in a way, it's the same principle as with physical reality.

What are your thoughts so far? Do you think it is good information? Is it helpful?

Q: I think so. But I was wondering, is it okay to take some time to feel that negative emotion before getting to calmness?

A: Well, I'm not saying you should run away from negative emotions and it's something that many people do, and I'm happy that you touched on the subject. In a way, the most effective way to change the negative emotion is through observation. I mean, you just stay calm, and observe the negative emotion and by only the

act of observing you give it energy. And once you give it energy, it transforms. So let's say you have a bad feeling. I don't know what it is, let's say you have some anxiety, or you have some shame or guilt, or something like that. You observe it, and the more you observe it, the more you'll neutralize that negative vibration, that negative emotion. And you do it more and more through observation, by paying energy to it until you can calm it down and it becomes clear as peace. So usually a good place to arrive is into a neutrality position from a position of dealing with a lot of negative energies. If you can reach neutrality, you win. You have the first battle won, the most important one.

Q: You talked about being needy in a relationship. I was thinking on the flip side, how can we deal with someone that is trying to emotionally manipulate us?

A: Difficulty in relationships comes far more from what is not being said than from what is being said. Be truthful and be open. Just say how you feel. Just say how you think. You don't have to accuse the other person, because that's not nice and you don't like that yourself. So respect the other person. You can be open about how you feel and how you perceive some of the stuff that is happening, and maybe come up with solutions. There was a quote, saying, 'If you love somebody gives them wings to fly, routes to come back and the reasons to stay'. I think that's a very good approach. So give them wings to fly, allow them to be free, allow them to be who they are. Roots to come back, you can be open, you can communicate – 'Look, I want to have you in my life right now and in the future, so to say, in the future present.' Reasons to stay, this is of course, if you are nice with one person, in a way from the

relationship that person gains value, they get benefits, the chances are they want to stay more with you. So in a way, I see that relationships nowadays are almost like bad therapy sometimes. Because everybody comes with their own baggage and they expect the other person to fix it. Or they say 'I don't feel loved, I need someone to make me feel loved' which is my favorite. Well, if you don't feel love for yourself, you may get at some point let's say the feeling of appreciation from another person, but if you don't know how to appreciate yourself, you'll never have that permanent, you'll never have that sustained. So it will be like a black hole that can never, never be fulfilled. So my advice, for those that want love is to start from the relationship with yourself and get into a position where you love yourself. And if you love yourself, you will actually know how to love others. But if you don't know how to love yourself, how can you know how to love others? I mean, you know yourself the best. It's impossible for somebody else to know you better than you do. If you don't know, with all that information about you, how to love yourself, how can you allow another person to love you? And how can you actually know how to love another person that you know less about compared to how much you know about yourself?

Q: Well, I was thinking of a more specific example that inflicts negative feelings from other people. So I hear a lot that people with borderline personality disorder or just very clingy people I would say, they say this line, 'if you break up with me, I will kill myself.' And that's a really difficult thing to deal with, that guilt and I'm wondering how you can escape that situation because I can't find an answer myself.

A: Right. So I heard about situations like that. What I can say is that, I mean, most of the cases – I may be wrong because I haven't conducted any research but I believe, given current information – that in most of the cases it's a way to manipulate the other person into giving them more attention. And I heard some cases from people and usually, of course, it doesn't work for the person that says, 'Okay, if you break up with me, I'll kill myself', it usually creates even more separation, right? The other person ends up actually being afraid of them and afraid of any potential guilt. So they start ignoring them more and more. I think those people, if you are in the sight of a person that deals with something like that, they have a lover, or an ex lover that threatens them 'I will do terrible things, if you break up with me', it is important to stay calm, because the biggest problem is that they make you become emotional as well. And it's important to stay calm and not cede that energy of desperation because they come at you with desperate energy. 'I will do this terrible thing in case you don't give me satisfaction' and that's blackmail. That's emotional blackmail, that's logical blackmail. Of course it's a negative act. You are calm like Buddha in my past example, when somebody came and slapped him. In a way, that's the example. You can have simple answers. I mean, less is more in this kind of case. It's important, I think, if you want to be nice, if you want to be kind with the person, it's not nice to ignore them. I mean, that's a response to ignore them. In case somebody wants to blackmail you, because he's obsessed with or attached to you, it's more important to talk with them. But don't feed those negative energies of desperation, of blackmail, of trying to control you. Just stay calm. And say politely, 'This is not something that I want. I want the best for you. I want you to be happy. But right now, you are not the right partner for me, I want something else

and you know, it's my free will. It's my right to experience other things, other potential lovers.' The more you're calm, the more you calm down the other person as well. Maybe they will have some insistence and they will try one way or the other. You don't have to reply to everything they're saying. Sometimes with somebody who is mean or somebody who is getting on your nerves, I think maybe ignoring is an appropriate response. You don't have to take the damage from another person because the other person is not in balance. In those cases, usually time and calmness work the best because slowly that person will detach themselves from you, especially if you don't feed their emotional vacuum and their obsession. It goes back to your inner world creating your outer world because if you are in balance yourself, that problem and that person will not persist so much. Maybe not at all. If you react to the other person, if you go out of balance because that person comes without balance to you, and maybe you still have some attachments, the other person will make you get out of balance. And then that's when you feed that situation. I can also talk from the desperate side a bit, in case you are the person having maybe suicidal thoughts. Look into health. Many, many times, when you experience a lot of anxiety, a lot of issues that are emotional, it may be because you're dealing with heavy metals inside your body, and especially inside your brain. Those have a very corrosive effect. So look at your diet and for extracting heavy metals I gave already, it's taken from Anthony William, the recipe with wild blueberries, cilantro and everything else. That's an elixir. If you drink it long enough, and I'm talking in years, I've been drinking myself for more than three years now, it will give you the ability to heal any kind of problems that the doctors would say are impossible to heal, and they will just prescribe you pills, unfortunately.

Q: I think it's related to what you said earlier. What if someone who has some kind of authority over us like a boss or a parent or a teacher inflicts a difficult situation on us? How can we combat this?

A: To be honest, I don't have a perfect relationship with my parents, too. So someone with authority, a boss or a parent may give you a hard time. Well, I don't see a very easy solution out of it. Especially let's say if you're a child or you have to live with your parents or depend on your parents. I mean, you need to know a way to find the most balanced approach. For example, I even have difficulty sometimes with my parents right now, although I'm fully independent. They still try to impose on me their projections. 'You need to find one girl and get married and have that many babies' or you need to do that, you shouldn't do that. And I am like, 'Look, it's my life. I'm almost 40 right now'. Of course, I love them and I understand that they mean good, but I'm challenging them, because I'm in a position where I don't need them anymore from a life perspective. I don't need to live with them, they cannot kick me out, I don't need their money or their food or stuff like that. Of course, that doesn't mean I can be a jerk, because I don't want to be a jerk. But in a way, you have to be nice with yourself before you are nice with others. If you fail to be nice with yourself, and you're nice with others, you betray yourself. And the highest betrayal is self betrayal. Let's say you are in a job that you like, but you have a bad boss. Well, the best way to confront it is to enter a state of vulnerability. Be calm, be relaxed, be in balance and open yourself and let them know how you feel. 'Whenever you yell at me I'm feeling frustration, I'm feeling this kind of negative energy.' Or just explain to them how you feel, how it makes you feel. And usually that works in most of the cases. In case it's someone who insists, who is a jerk, you can take it to their boss. Why not? Because

usually when you go to the last level of leadership, nobody wants to jerk around. In case the big boss in the company is a jerk, maybe it's a good idea to find some other job because you don't want to work in an environment like that.

Q: How can we deal with the negative emotions of somebody walking away from us?

A: Well, on the higher level, you never lose somebody because we are all one, all spirit is one. On a fundamental level, everyone is from spirit. So let's say you have a friend and you decide that the relationship doesn't work anymore or maybe they decide that the relationship doesn't work. In the case you see that the other person may be at a point in his or her life that they are an asshole or they're not worthy of your time and energy right now. You can just accept the facts and face reality. We live in a world where there are more than 7 billion people, we have plenty of options, some are better. You cannot hang out and be best friends with 7 billion people. Get into a higher vibration and you will notice how you attract better and better people that are a match for your current energy. So that's why sometimes relationships don't last, because some people grow in those relationships and they need in a way higher energy as well to whom they can have a win-win relationship, to whom they can have a more equal level to stay in balance. In case you are the other person, let's say somebody decides you've been an asshole or something like that, you've been a bad person and they ignore you. Try to apologize. I mean, be honest about it. If you actually made a mistake, tell them 'look I've been thinking about that and I admit I was bad' in case they're worth it, and you want to have a friendship with them. 'I was wrong. I've learned. I've changed in that regard. And I want you to forgive me' or it may be the case where

somebody just got frustrated with you for the wrong reasons. Let's say somebody got into a situation where they are upset with you, and you've done nothing wrong. Maybe it's an opportunity; maybe it's great luck that you lost them. The same example is if somebody borrows from you \$20 and just disappears, maybe it's a favor they did to you. For only 20\$ you managed to get a bad person out of your life without any other issues. Realize that you cannot have too many friends and too many people in your life anyways. It's much more important to have quality relationships with people that are special to you and have a win-win relationship than to just have a thousand friends like on social media and you basically are strangers. You don't have any trust in any form whatsoever. That's really feeling lonely for sure when you have 10,000 friends, and no one is actually special, you cannot trust anybody. It's much lonelier than having a great friend that you can fully trust and you can fully share things with him.

Q: I guess another type of desperate situation would be being addicted to hard drugs and not knowing how to get out of the situation. Do you have any advice for that type of situation?

A: Well, in this kind of problem is usually that person already being decided what they're going to do. So somebody that smokes, if they still smoke, deep down they want to smoke. If they wouldn't if they truly wouldn't want to smoke, they wouldn't smoke. They can invent reasons, they can invent excuses, so to say but ultimately, if they don't want to smoke, nobody can really force them. And I think it's the same with drugs, I understand that withdrawing can give you extremely difficult challenges, especially when we're talking about very hard drugs like heroin and some other substances like that. However, it comes down to self control and self mastery. And

ultimately it comes down to decision, you really want to stop or not. If you really want to stop, make an anchor. 'I'm in the present, I really want to stop, I will stay in this present where I'm stopping.' and usually it should be enough. It doesn't have to be hard. It doesn't have to be challenging. It doesn't have to be, let's say dramatic. What happens with some people that are able to stop smoking and then go back to smoking again is that they make a decision, and then they make another decision. At one point in time they make a decision 'I will stop smoking' and they stop smoking for days, for weeks, maybe for months, maybe for years and then they reconsider their decision. 'Maybe it's not so bad to smoke. One cigarette wouldn't kill me, it didn't kill anybody' etc. All people that deal with addictions nowadays, one part in them don't want them to stop. If they're aligned, if they're fully decided and fully committed, they will stop easily. And of course, marketing and media doesn't really help because they don't want to destroy the cash cow. With smoking, it's hard to quit, you need to take these pills, or you need to take these products. They don't want to empower you. Usually, society doesn't like to empower you. Marketing wants a society of victims. The government wants a society of victims, because then they need help. And then of course, they need them. But ultimately, it's a personal decision. Who wants to stop doing something bad, breaking up a bad habit, will do it with no problem. And if they don't want to do it, nothing will help. No tool, no trick, no technique, no nothing.

Q: I agree that it is a decision but maybe you have some advice for those moments of weakness when you think about taking it on again, you're going to do something difficult and you want to get that satisfaction from drugs or another addiction. What can we do then?

A: In a way is a good example because it's better related to our topic, which is mostly dealing with negative emotions, right? Because when we feel withdrawal we're experiencing a negative vibration, a negative emotion, and we don't have so many words for all the emotions that we are experiencing. I have two approaches when I have to go through some negative states. Number one, which is usually the most effective but it's not the easiest I would say, is to just enter a state of calm and meditate. Observe, observe, and observe. In a way, this is the one where you go toward God the most, because God is the ultimate observer and when you become an observer as well in silence, you can close your eyes. In a way you go near God more and more and that helps a lot. The other way is to distract yourself, I don't really like it, but it's still effective in case you cannot stand being in silence, in that kind of moment. It's like a rush, right, like something rushing you from the inside. Maybe it's a good time to put one of those meditations, or to listen to some nice music or to see one of your favorite movies or to eat some healthy good food. Maybe it's a good time to be good to you; to call a good friend that is also always helpful and positive and be nice to them. So maybe it's a good time for giving yourself a treat. So you feel a bit better. And just keep doing it until that storm is over. And you keep the decision of stopping, 'I made that decision, I will not be a weak person, I will not go back to my decision'. Pretty simple, don't make it complicated, because the moment weakness is allowed, you basically become weaker. At the spirit level you are 100% in control, and you are 100% godlike. However, it's a soul experience, it is an emotional experience so the universe and God allows whatever it is that you prefer, but it's up to you, it's your decision. Even if you, let's say you smoke, then you stop and then you decide

that you would rather smoke. It's much better to accept all the consequences, to accept all the let's say pluses and minuses. That's why with my diet, sometimes I still eat meat. Sometimes I still have dessert, very rarely but because I get some pleasure, I get some comfort and it's not so bad if I do it rarely. Because I have in my opinion more important battles to deal with than you know, just fighting a little crave or something. However, I advise you to take full responsibility and take full awareness and take full empowerment in a situation like that. You will find it much easier to find the right balance that is for you. Let's say maybe you want to smoke just a few cigarettes a day until less than less you have those cravings and you build muscle and you can find a moment where you can stop for good and you know it, or maybe you can even smoke a cigar every couple of weeks or something like that. So it's a much better perspective when you find some balance and you take full empowerment and full responsibility.

Q: I liked a lot of what you said about having a good friend beside you. It made me think. I know, there are some people that feel extremely lonely and they feel like they don't have any friends. That can be a very difficult situation, what can we do if we find ourselves in that situation?

A: Well, if you want somebody and you feel lonely, I advise you to get a cat or a dog. I am not kidding. I mean, I have a cat and not because I'm lonely, but I have it because you know, it gives me a lot of love, so to say, it's unconditional love from a pet. And there is no downside. So be good friends with a pet and you will feel less lonely. And of course, the moment you feel good, you attract other people, people will start coming into your life. Because as you noticed, nobody wants to be with a miserable person for too long, I

mean, it's nice to try to raise them up, and boost their spirit once in a while, but at some point they get tired of it. They come with a high energy state, and they get into a lower energy state and they notice that. Nobody really likes that, right? It's not beneficial for them. However, if you're in a very good mood, and you have great energy, you actually have that effect of relaxing and they want to be in your presence. Not necessarily to take, they can come to give, no problem, which is even greater, is even better. And it's best probably to have a relationship where everyone is a giver. Of course you know how to take as well, how to accept receiving but if you don't give anything and you just want to take, you're not a great friend. I mean, you wouldn't want to be a friend with someone like yourself if you are in that position. So, logically, there is no reason to feel lonely in a way, there are so many solutions to eliminate that from your life. With the pet, of course, you still have to give them food, and you need to take care of them, so you still need to give something. Or become a better person, somebody who you would want to be with yourself. And you will never be afraid of ending up lonely ever again.

Q: Thank you. I like that advice. And I think having a pet especially in these times with a pandemic going on, is actually a very good idea since social interactions are very limited.

A: They are not so limited in my opinion. I mean, we have cell phones; we have too many ways to connect with each other. We don't use them to have meaningful dialogue. I think that's the problem. We have the tools, we don't have the meaning and I have a saying that we humans don't really have the meaning. People don't know how to communicate in a way where they feel connection, where they synergize love with other people. I mean, if

there is a want from people I can talk more about that kind of stuff in the future but I prefer to keep it to manifestation and to spirituality, because this is what I want to be known for.

Q: So death is something most people are scared of. And I have two questions about this topic. What if out of a sudden, your doctor gives you a date and he says that's all the days you have left till you die? How do you make peace with the fact that you are only a couple of steps away from death? And also, how can people in general stop being afraid of death? Because there are people who are anxious and don't want to get out of their homes, because they're afraid that something bad will happen to them? How can people be less scared of death?

A: Okay, well, first and foremost, we put too much authority in doctors nowadays. And that's a problem, because doctors are people too and many times they can be wrong as well. I mean, I have a personal example, 10 years ago some doctors, which were actually some of the best doctors, considered to be some of the best doctors, in my country and in Germany, told me that in five or ten years, I would be paralyzed in a wheelchair. I decided not to listen to them. And it didn't happen. Because of my arthritis, I have healed since then. And they would have said it's impossible. Look at me, this is a truth, I'm healed from that illness, from that disease. You have to understand that in a way, placebo and nocebo are so important. So in the future, I believe there will be some consequences for the pharma industry when it comes to the problems that are happening right now in society, and nobody really looks at them, because right now, they still care more about making money than they care about health. They still care more about their ego, than when it comes to truth. And the truth is that

anyone can heal themselves. There is a way, maybe miraculous sometimes, but miracle exists. Miracle is the natural state of the universe. So in a way, it's like you know, the physics of the universe. The universe is just a reflection of who you are. And someone with let's call it troll energy, maybe a doctor with authority comes and says that the mirror will just trick you, if you smile at it, it will not smile back at you. If you choose to believe it, it's your choice and the universe has to follow you in that regard. The universe just says yes, the universe loves you unconditionally, whatever it is that you prefer and choose inside, that's what you receive. So you have a choice. And the best doctors know that they cannot heal other people, whether they're Western medicine doctors, whether some other more natural practitioners, or for example, from traditional Chinese medicine. The best doctors and maybe shamans, they know they cannot heal anybody. They can give them a way, but the individual, the person has to heal themselves, to believe; through emotion, through nutrition and water. That probably responds to the first question.

The second question, about the fear of death, in a way death is just a transformation, is like the end of a dream. Physical reality is just a dream. Even science knows that without the observer, there isn't matter, there isn't something solid, it's just energy that behaves in a way that gives us the illusion of physical, a very, very solid experience. It is just an illusion that is very nice, what we experience through the mask of the physical brain. When we die, we disconnect from the physical brain and we rejoice fully in the higher mind and the spiritual self. And like I said, it's like waking up from a dream and saying, 'Okay, this is who I am'. It's a longer dream, usual dreams last maybe minutes, or 10s of minutes or maybe hours for some people I don't know. This one lasts for

dozens of years, or maybe more than 100 years but in comparison to an infinite being that you are on the other side is not such a big thing anyway, because most of us have already had hundreds of lives. Most of us beings at this time on Earth we are pretty advanced souls, and spirits. So death is not such a big deal. For many people it is actually almost like a celebration, because many people have a difficult life. I heard that some species of let's call them extraterrestrial intelligence, and spirits, celebrate when somebody is dying. Maybe in the future, we will celebrate 'Yes. He or she just got back to spiritual reality' so it's another accomplished life. We'll meet again, in spirit or in dreams and we'll have a lot of fun. Not knowing how it is on the other side allows us to have a physical experience, and allows us to fully decide and it's another limitation put upon this let's say tough school that is very respectable among spirit. That's it, nothing else.

I can add that although it's fascinating to know on the other side how it is, if you are here, you should be back in this place because from what I know, being at this time on Earth when there is so much change and transformation was some of the most sought after places, like getting into Princeton or Harvard in some of the best classes. So don't rush out. Stay in this experience. If your Spirit wants you to rush out, you will notice, I mean you will just die in your sleep or something without anything else and you'll go back. So don't take any stupid actions if you ask me. If you are here, you want to be here and there are a great amount of benefits for you being here and learning how to manifest in physical reality. On the other side you cannot enjoy eating an apple, you cannot enjoy physical sex. The idea is to combine the two of them and to ascend into a higher reality than the spirit. Which is something that

the Buddhist wanted, to escape the cycle of reincarnation, they wanted to ascend into spirit, physically.

Q: Do you think that besides meditating, it would be helpful to go to therapy to get over a bad situation?

A: That can be helpful, but I don't like pills. I don't like chemical pills. So I don't like Xanax, and other drugs that are created in a way to give you some benefit but you become addicted to them and then you have to take them all your life. I don't like those pills. However, if it makes you feel better, go to a psychologist. Talk about your own issues if it's something that you have excitement for. If you don't have excitement then it is just something that society does. I mean, I don't really trust it. As I said, I don't really trust popular things. I don't trust McDonald's. I don't trust the regular life, career path for people to have to work all your life, then to retire and then you start living your life when you're 60 years old. I don't really trust that. I don't trust the popular choices, and so on. And the most successful people that there are, usually are the people that were not afraid to stand against the masses. They were not afraid to be themselves. So don't go there just because it's something popular and many people do. Go there if you are excited about it. If not, talk with a friend. You can go and find a lot of free materials. You can research, you can meditate, you can listen to music vibrations, there are so many choices. Do whatever it is that is most exciting for you.

You can listen to music. If you want to heal for example, negative energies, I can recommend this part and give it to you. This is a loop that you can listen to and can heal emotional distress. I think it could be quite good actually some audio like this, it can help with that too. It's a very good tool to assist you if you're going

through emotional turmoil. There are many more like that. For example, I was listening sometimes when I was dealing with let's say emotions after doing so many ceremonies of ayahuasca and I usually was focusing on the heart chakra and I can give you some of the ones I think helped me a lot. There's a lot of very good stuff on YouTube and it's free. I like to focus more on the heart and on the second chakra. That's how you process a lot of negative energies.

Q: Can you talk a little bit more about chakras for people that are not familiar at all with this part of Eastern arts?

A: Well, chakras are vortexes of energy. On the body, we have seven. We have some other chakras that are outside of our physical body. It's so easy to find information on chakras. I mean, I will just rehearse the same information. So I want to get into only some specifics. In my opinion, the chakras that are in a way more important, and you should focus more on, are the second, the fourth and the sixth, because they are correspondent with titans from the eastern arts.

So the second one is related to power, to immunity, to health, to sexual energy, and it's also in a way, very close to the center of physical energy, chi. I want to focus on that when I need some more power to break through some emotions. When I want power, I want to focus on the second.

When I process more water like emotions, I focus on the fourth. This is where I process the sadness. This is what I process the things that are a bit more let's call it emotional. So this is the fourth chakra, and it's the junction like I said in the past, it's the middle point. The problem with yoga is they start focusing on that,

on the heart and in my experience, they shouldn't, they should start with the second.

The sixth chakra is the third eye correspondent. I don't really focus so much on that. For me, it's already pretty developed. And I know it's exciting like 'I'm opening my third eye and I'll have visions etc.' In my experience, I don't really care about visuals anymore, after being to so many ayahuasca ceremonies, I learned that the point is not to have a vision, the point is to be present in a ceremony and to start seeing the real light, to start seeing auras, to start feeling fully the energy. Sometimes when I have maybe a headache, or some related issues like that, or need more inspiration, it's good for when you're out of ideas, focus on the sixth. And you can just look on YouTube for sixth chakra. I don't really use it so much. I use the most the second and the forth.

Q: Are there any exercises we can do to go through difficult situations, like I've heard that if you smile you trick your brain into believing that you are happy, but are there other more powerful exercises we can do?

A: In my experience, they don't really last for very long, because the most determining part is your state of being. So let's say you are in a depression and you smile for five minutes. Okay, you feel a little bit better but then you get back to frowning. I mean, that's a fine trick to change your state of being for a couple of seconds but people look too much for tricks. And you should be focused on the present. So the present, in a way is the most important principle, be in the present, be here and now. Because this is the only place you ever are. It's easy to get distracted into busy work. So let's say you feel a state that you don't prefer. Just pay attention to it, observe it, and don't run away from it. Don't be scared, it will not

hurt you, it's already in a way tricking you and lowering your vibration and making you receive reflections that are a match to that vibration. So observe it, the only act of observing means you are nourishing it, means you are growing that emotion into something of a higher vibration. So let's say you feel some anxiety or give me a feeling that you have, or an emotion that you have that is the most challenging.

Q: I don't know, maybe I'm anxious, maybe when I have too many things to do and can't find the time to do them all.

A: Well, look more into that state of being. Look more into that emotion and observe it and the more you observe it, the less and less power it will have over you. Because then you can relax and not only that, but the only act of observing will make that energy grow into something else. It will make it transform. You cannot hide from it. And people try the trick, you know, like the trick of hide and seek – I will just run away from this emotion, I'll go to the bar and drink large amounts of alcohol or whatever. And then tomorrow is there as well, you know, and you also have a bad headache. So it's not very effective. Stop being afraid of it. Understand that it's an opportunity to grow into something else that is much better, much brighter and much bigger. You can grow your anxiety into a state of total calmness that will give you a lot of clarity, will make you become much more effective and maybe even more important, it will give you much more relaxation and peace of mind and ultimately pleasure. So look at it. Observe it, only observe it. If you are still a non believer, observe it for five minutes and notice how it's already changing. Trust me, if you observe it for more time, it will change even further. It will become better and better and better

and better until you reach some higher vibrations, until you reach maybe peace, until you reach maybe joy, until you reach ecstasy.

Q: Do you have any advice for people that are prone to have panic attacks from negative feelings?

A: Well, a panic attack is when you have a negative emotion and you feel a compulsion to act on it. Where you have a bad experience of energy, and you think that you need to do something about it. The best advice would be to focus on your breathing. Relax by breathing. Take long, deep, and very calm, soft breathing. Breathe through the lower belly. And observe, observe everything that is inside your body. And just stay still. Don't do anything until you are calm, until you have reason. That's it. I myself can't think of anything else.

Q: Do you think we are able to manifest something beyond us? Like a greater good, so let's say for the current situation to manifest the pandemic going away?

A: Well, if you want to change the world, change yourself. And that's it. That's my advice. I mean, there are some things on so to say, mass consciousness level that you cannot impact so much from the outside, you will impact them from the inside, if you change yourself. So don't feel the need of doing so many actions, you know, it's much better to gain insight and wisdom on the inside.

I will address the exercise now. So the exercise that I thought of is to make a commitment that whenever you experience negative energies, whenever you have a bad mood, don't do many things. Just calm down and meditate, or listen to some music or watch a

movie. Don't even call people, unless you really need to. And wait. Do more action when you are already calm, when you are already within reason of emotion. So just make a commitment and that will be enough. You will know in that moment that you made the commitment and that will be the exercise.