

# BEST MANIFESTATION

module 4

Recipe of Complete Vibration



## Module No. 4

For today, we have the complete vibration. So this is a concept that you have to understand because, in many ways, people accept some things about them, but refuse to accept some other things about them. It's like stealing from yourself, because it can be comforting to accept about you only the things that you prefer, and deny what may be true about yourself but you don't like to accept, so you don't have to deal with that confrontation or that pain associated with it. But those things still manifest, and I can quote Carl Jung, who said 'Until you enlighten your subconscious and unconscious mind, it will control your reality and you can call it fate.' And that's how it works actually. Most people walk around with a lot of negativity. They do some things, some minor things, that they think should get them results, and maybe it works to a certain degree, however, everything has an impact, everything has an influence. So it's much better to be open to acceptance, to be open to taking responsibility about everything that is in your life. Even if you analyze the worst responsibility, when you take responsibility, it gives you an ability to respond. You don't have to be a victim anymore. You don't have to just suffer bad luck or bad faith or whatever. You can actually gain empowerment. You can actually do something about things that are in the present and you wish to change. One factor that is very important, but I doubt many people talk about, is nourishment. Every cell in our body has a vibration. So in a way, we are the collective consciousness of all the cells in our body because each cell has its own consciousness. So we are the collective of all that, which is trillions and trillions of cells, and it matters what you drink, it matters what you eat, it even matters how fresh is the air you breathe. The overall goal should



be to get the most out of this life, to move from an experience that may be negative to some, into an experience that is as positive as possible. That helps you in many, many ways. Of course you want to live the most exciting, the most joyful, the most full of passion life that you can have, but in my insight, and in my observation what you do in this life also stays with you in the spirit world where we go after we die. Most of us reincarnate. Some can ascend into higher dimensions, like Jesus or Buddha. This work doesn't impact only this life, but also gives you tremendous benefits after this life, as a spirit, because the main reason why we come here in this physical world is to grow. Of course, another very important reason is to experience manifestation, to be creators, to experience the life that we want to have.

So I want to talk about nutrition and water. If you eat a lot of bad foods, fast food, with chemicals, you ingest those vibrations, and it's hard to maintain a very high vibration, to maintain as much as possible a very positive vibration. I mean, you can see for yourself. For example, you have a day or a night where you drink a lot, you have too many drinks. You may feel pretty good at the moment but the next day you feel awful. We manifest all the time and like I've said the power of manifestation is greater when you go into the positive and slower when you go into the negative. However, it still works.

So my first recommendation is to make sure you eat a lot of fruits. Fruits are by far the best food that you can eat. They contain the highest amount of antioxidants and they have by far the highest vibration. Many are saying that you are what you eat, because you nourish the cells with that vibration. The best food in the world – and it's amazing that this is also the food of manifestation, is wild

blueberries. It's usually easy to find wild blueberries in the frozen sections in your supermarket, and you can blend them and you can look for recipes to use them. I eat wild blueberries almost daily. They are amazing for giving you a good state of being. They are amazing for when you're going through a bad moment to tackle negativity. Why have blueberries been called supernatural food? And I think it really is. It's the best brain food; it is the food with the highest amount of antioxidants that is known. You cannot go wrong with that. Eat as much as you can. Most fruits are amazing. I recommend the author Anthony William, he is actually channeling the spirit of compassion, he wrote a number of books that you can find on Amazon, and it's my go to resource when it comes to food and health advice. I actually went through some of his content for some people that want to learn from me the most important aspects and I wanted to address the impact on spirituality. If you want to really go further with this, or if you're having some difficulty with any disease, I highly recommend this author. From what I studied, the fruits are the most important. I also drink almost daily celery juice, a lot of celery juice, like half a liter in the morning on an empty stomach. After fruits, the best food that you can eat is vegetables. After that, it's usually nuts, beans and some other stuff like that. What you should avoid first and foremost are eggs, lactose, and gluten. Those are very, very bad. Also, you should stay away from soft drinks, from most fish, from pork, from corn, from soy.

It's interesting that in my journeys – when I was starting Nei Dan for example with some masters from China that were very, very powerful – they had routines and exercises where they would go on fasting. They would consider that if you eat only fruits it is the equivalent of fasting and making a lot of progress with meditation, making a lot of spiritual progress. The same with shamans, I went

and I took ayahuasca in the jungle a lot of times, and they had a diet as well. You have to stay away from milk, they are still eating eggs – but I know right now that eggs are not good, they are probably the worst food that you can eat. I actually experienced that myself. I was drinking ayahuasca and I was eating the food that they were giving me and I saw that I had difficulties in some of the sessions of ayahuasca. After I switched to fruits only and I was eating a lot of mango, even the shamans were impressed by how well I can cope with the ceremonies, and how deep I can go into the higher realms of negativity and come out with much more positive and without any issues. They couldn't understand why. I had two secrets so to say. The best secret was probably because I was eating only fruits and they still had the diet where they were including fish and some other stuff like that. Another secret was that I was already trained in the Asian arts. I developed some abilities to work with Chi energy, to focus my energy into the lower belly, into the dantian, and I could go through higher dimensions with those abilities and I was able to maintain control while some other people were having some difficult experiences.

Another important aspect is water. It's important to drink a lot of water, maybe at least 1.5 liters a day, and it's much better to put some lemon juice in the water, to make lemonade. Of course, please don't add sugar. Instead of sugar, honey is by far the best sweetener, by far. Honey is actually a super food and sugar has very low vibration. So if you want something sweet just use honey or something natural based on coconuts, but honey is my top choice, and from what I know honey from wild flowers is the best if you have a choice. It's important to understand that after you start eating fruits and vegetables mostly and after you start drinking a lot of water with lemon juice, or any other citric juice like oranges or

tangerines etc., although it may be challenging, you would start feeling better and better.

Guess what is the impact of that directly? Your reflection. Because how good you feel, creates a direct impact in the mirror of manifestation, and you cannot really use tricks about it. You cannot feel terrible, and do some visualization, and pretend like 'I did some visualization, I thought about that stuff, this should happen in my life' while you're feeling terrible. Your state of being is the one that matters the most in the process of manifestation. As you can see, even the exercises, the core function of those exercises, is to make sure you get to a state of being, to a vibration, to an energy that is as high as possible, and to maintain that for as long as possible, maybe make it permanent and foods and water greatly, greatly assist with that.

Even if you look at Christianity; there were some saints in the past, people that were able to perform miracles, and one thing they were doing was to make sure they had a correct diet. They were not eating meat, they were not drinking milk, or eating lactose, they were not eating eggs. Gluten is something that escaped, but it's very bad as well. There are options of breads without gluten. Bread usually is not very, very good I mean, even bread without gluten is not the best choice. Like I said, the best foods are by far fruits. If you research Anthony Williams, you will discover many recipes on his website, and I highly recommend it. He admits he is channeling from the spirit of compassion, which is actually the second spirit after God. He doesn't talk about manifestation. However, a lot of people are struggling these days with healing, and it has a tremendous impact on manifestation plus health, which in my opinion, is the number one wealth.

## **Questions:**

**Q:** I was wondering about your opinion on caffeine. Is caffeine good or not?

**A:** Caffeine is not very good. It's actually one of the things that it's better to stop using, because although it can give you the feeling that you have more energy, it lowers your vibration. One good replacement for caffeine that I found, in case you like the taste, is Chaga Latte, which is a drink made from coconut milk and chaga and some honey. Chaga is a mushroom that is amazing for the immune system. Coconut milk is a great replacement for milk and is the best of all the milks that are alternatives, it is better than almond milk, than oat milk and so forth. So if you want the best milk; that is coconut milk. So maybe try to do some chaga with coconut milk and add some honey and see how you feel. It will not give you the same so to say energy boost, but it's not really energy anyway that coffee is giving you, it's sickening your mind and your body and it can create in time heart problems.

**Q:** What do you think about supplements like protein shakes or creatine?

**A:** Proteins are much less important than people think nowadays. We don't need as many proteins as people would have you believe, and actually we are not made to be carnivores. We are built to eat fruits and vegetables. The closest so to say relative we can find in nature is the monkey, and they eat mostly fruits. There are very few monkeys that eat meat, quite very few. So this is a trend, a

bodybuilding trend, that it's not very beneficial for the health. I mean, in fact there were cases of people that were in contests of bodybuilding, and they had heart attacks and died. So having a very big body doesn't really help with vibration. You can still be a bodybuilder if you prefer that, but by far the best protein is hemp protein. So now about supplements; supplements are very good. B12 is one thing that I usually take as well. B12 is amazing, and I also recommend going to Anthony William for that part because this is the guy that I go to as well. Since he's channeling the spirit of compassion, that gives him let's call it out of this world information. Doctors go to him as well. So for that I really recommend him, for supplements. Supplements can add some very good benefits; however, they're not as important as food or water. Food and water come first. I also like to take cranberry supplements and sometimes omega supplements, but I also eat nuts so I don't do that as much anymore. However, B12 is probably the one thing that I recommend the most. Does that answer the question?

**Q:** Yes. Thank you. What do you think about the carnivore diet? because nowadays it is very popular. It's promoted by Jordan Peterson. He says that he only ate meat for a couple of years, he only ate beef meat. He said it helped him with anxiety and depression, and that it also healed his daughter's some kind of autoimmune disease, something with her bones, I don't remember exactly.

**A:** The problem is that when you eat a lot of animal meat like that you also eat a lot of fat, saturated fats. There are some people that may feel better for a while, because they also work with placebo, and placebo is many, many times, not thought of. We know that



even with the medical research and studies they're pretty much afraid of placebo, and to admit how great of an impact they have. It affects everything. So if you really believe that something will make you better, although the physical effect it's not like that, you may experience that for a while, because placebo and belief have that importance. I wouldn't advise going for a carnivore diet for sure. I still eat meat sometimes, but it's more like an indulgence thing for me. I mean, I understand that it's not really good, and I eat it like a dessert if you want, just little bits, just to have a bit of taste. I know that I actually don't really want that. For health, for sure, there are much better diets. There are worse of course than eating a lot of meat; and it also depends on the meat. I mean, pork for example, is one of the worst, tuna is one of the worst, because tuna contains a lot of mercury, and some other heavy metals. If you like to eat meat, the best are chicken, beef and some other birds. Lamb is not very good because it has a lot of fat. Even with those meats, grass fed beef is much better than corn fed beef, it's better to chew stuff that is as wild as possible, and that has been fed greens and grass and some other stuff like that. Because if you think about most meat, they have been fed with antibiotics, with growth hormones, and you end up taking those chemicals and all that bad stuff into your body as well. And of course, that influences the vibration directly and the manifestation directly. Reality is like a mirror; garbage in, garbage out, gold in, gold out. Today, the content I have is from Anthony William and I want to make a bridge about his amazing content and manifestation.

**Q:** Maybe you can give us something like a meal plan. You already told us what you eat in the morning but through lunch and dinner.

**A:** Usually I eat a lot of fruits. I mean, in the morning I drink celery juice and I also have wild blueberries, usually as a smoothie. There is a formula for heavy metal detoxification and most of us have heavy metals in us. It has blueberries, spirulina, barley grass, cilantro and Atlantic Dulse. I can give you a link to that, I'll put it here. This is something that I want to do, I want to drink two glasses of that each day. I also like to eat a lot of potatoes and one of the benefits of potatoes is that usually they're pretty cheap, and they're very, very good especially if you include the skin of the potatoes as well, so you can have sweet potatoes, normal potatoes – of course it's not good to fry them. They are very good for giving you healthy food that is pretty cheap, and that is fun to eat almost any time. So I actually eat a lot of potatoes as well, I like them. I eat salads and I have an assistant that cooks for me and she creates a lot of the Medical Medium Anthony William recipes. So that's what I eat most of the time. Sometimes when I crave meat or some other stuff like that I get some chicken or some beef but I eat that once every couple of weeks when I have a good period or when I'm a bit more down and I find more comfort so to say, when I have some moments when I have to deal with some negativity. Then I eat meat twice a week, but that's usually the max. I don't want to go more than that. I stay away from gluten, I stay away from lactose, I stay away from tuna, I stay away from corn. As a resource I want to give you this picture in which in a way it's more important what not to eat than what to eat, because if you eat beans, they're not the best food but they're still okay. However, it's much better to eat beans than to eat some of the bad stuff. All of these have a low vibration and when you want to change your life and make a lasting impact it is best if you also change the foods you're eating and to make sure you drink a lot of water. This will tremendously influence your

state of being and will actually propel you into a lot of spiritual growth. You can also say that fruits and plants and veggies are like teachers, they contain a lot of information. So once you start eating that, you will find yourself more inspired, in a better mood, with more resources.

**Q:** I had a question. I am a vegetarian as well, and I also avoid dairy, and I was curious about your opinion on substitutes like fake meat, fake milk. I mean, you said about fake milk, and I'm a fan of coconut milk as well, but maybe fake cheese and stuff like that?

**A:** Well, the problem is that many of these are created with soy. Soy is to be avoided. That's my problem. Usually, I look for stuff that is made with coconuts, but I also look at the list of ingredients. You can find some products that are quality, and I think it's even easier to find qualitative cheese and milk alternatives in the US than in Europe. I would advise you to make sure that they don't contain some of the bad ingredients. I'll put the list here so you can actually look at that. So for example, fermentation is not a good process and some of those are fermented. Soy is also one of the key ingredients used for fake meat and stuff like that, so if they contain soy it is not so good either. What I eat sometimes if I crave something that has the texture of meat and it's actually pretty good is hummus and I also have to admit that I like to eat falafel as well sometimes. Falafel is fried and is one of the things that I still fry, it's not good, but sometimes I make an exception; it is not as bad as some other options, like eggs or dairy or gluten. So maybe a good replacement for meat could be some falafel and you could maybe make it yourself and you make sure you don't fry it as much, and it's much healthier than the soy alternatives.

**Q:** I'll keep that in mind. I'm a fan of falafel as well, so maybe I'll try to bake it at home. I saw some recipes for baked falafel so maybe that's the healthier choice.

**A:** For sure if you can bake it and you still like the taste, baking is much better than frying and I eat a lot of potatoes that are baked actually, and I like them. I mean I think baked potatoes are as good as fried potatoes, maybe even better.

**Q:** Can manifestation help us suppress our cravings? Let's say we're craving a cheeseburger or a doughnut, or anything else that is not healthy for our body. Are there any manifestation exercises we can do to get our minds from these foods?

**A:** Well, it depends on what is your objective as well. I mean, right now my objective is to get in the present to a place where I am in an emotional state that is as high as possible, and I also need to fix some of the remaining psoriasis I still have. So, for me right now, my goal is to make as much progress with meditation and that's why because that is just my personality. I am a guy who is more into Hedonism. I like to give pleasure to my own body and to my own self. That's why sometimes I close an eye so to say, and I still eat some of the bad stuff. Sometimes I make some exceptions, like a shawarma, but I don't eat the bread, I don't eat the sauces, I only enjoy the meat, the fries and the salads. Or I sometimes eat Lebanese food, I even sometimes try some sushi, but sushi is not good, for sure. It's very rare right now that I eat it maybe once every three months. I used to love it. So my goals are not necessarily short term, because I don't want to be in a draconic position where I'm just getting the feeling that I'm punishing my body. My goal is to be able to eat as healthy as possible; but, to give you more information about my current situation, I'm experiencing some pain

in my body, toward my spine and I'm slowly healing it. But because I have to deal with that, I think it's a bit harder to be very demanding with myself. I want to have some balance, I want to be as happy with myself as possible, and I don't want to reject some of the good stuff that I can still enjoy. Sometimes I have a little piece of chocolate, it is not good but the thing is that I don't have a lot. For example, one friend from Norway left me a jar full of candies, and I ate only one. I wanted to try to see how it tastes, to experience that food, because she said in Norway everyone is crazy about this. I only ate one and that's it. It's very, very important the quantity that you're having. Sometimes some friends come over and they order meat. I only take two bites, it's enough for me. I accept the cravings, I'm okay and I'll just have a little bit but that's it, a little bit. People don't know how to be balanced, they go into extremes, they will not eat anything, and then they eat all the bad stuff. I think, at least in my situation because everyone is different, trying to balance everything works much better than trying to go in a state of withdrawing myself from everything else, and then to go dark big time and eat all the junk foods. Or how some other diets are advising you to have six days when you eat healthy and then one cheat day when you will eat all the junk, I'm not for something like that for sure. I want to take responsibility for everything. Yes, I do sometimes some food choices that are not so good, but slowly, I find myself that I need less and less of the bad stuff. So for example, I haven't drunk one Coca Cola for more than five years now, and I don't miss it. With pizza I had some cravings, and I found some choices that are gluten free, that are cheese free, lactose free. Of course, they don't have the exact same taste as pizza, but I know it's so much bad stuff in it. If I want to eat something, I'd rather eat maybe a piece of sushi without tuna than to eat pizza.



So when I cheat, I make sure it is the one thing that I want the most. I made one exception this year, I ate one tiramisu, and I felt bad after that, but that's the only very bad exception that I made this year. It works for me, and I think it can work for more people to be honest, because I see a lot of people that can go vegan for two, three months, or two, three years or whatever and then they say that they couldn't cope with that. For me, it's much more about having a lasting effect. It's much more about being comfortable, and at the same time making a lot of progress.

**Q:** I was wondering how much time it takes before you feel a difference when you're changing from an unhealthy diet to a healthy diet like you recommend it.

**A:** You can feel a difference after a couple of days, you will feel a big difference after a month, and in time, it gets better and better. I mean, you'll feel a big difference when comparing one month to three months, or three months to one year. However, what I can tell you is that, for example, I had a day when I was meeting some friends and we were having a food party and I was like 'Okay, I'll just do a cheat day and let's experience that' it was a couple of months ago. So, I was eating sushi, I was eating tiramisu, I also had some Lebanese food, and I can tell you that I felt so bad the next day. I felt so bad, my stomach was feeling full, I had brain fog, and I was feeling so bad. So what I can say is that what happens when you eat good stuff is that you start feeling better and better and you get used to that and you start losing memory of how it feels when you're eating bad stuff. However, if we switch back to bad stuff, you immediately feel the difference in how you feel. So trust me, you start feeling better and better and right now I enjoy much more how I feel after I eat the food than when I eat the food as well.

If you think about it, when you eat the food you only get pleasure from the moment when you eat it. But how do you feel after? I still remember I had some days in the past, maybe 10 years ago, when I was having like a normal diet with you know two courses and a dessert and I was feeling very, very bad afterwards. I did enjoy eating the food, but if you feel bad for a couple of hours after it doesn't make sense. Right now I eat the food and I enjoy how light I feel afterwards. I enjoy how good I feel afterwards in my own body. It's one of the secrets I mean, people think you find happiness on the outside but that's the place where you can't really find anything – the outside. The best stuff in life you will actually find on the inside, including feeling good. People cannot really know how good you can start feeling from the inside; and once you feel good, it's almost logical. Once you have a great feeling, it's so easy to make new friends. In fact, for example, I'm like a guardian of my inner circle. I only allow some people to come in my circle, I have too many requests from people coming in my life and I have to make sure that I only allow the people that we can have something like a win-win. They benefit the most from me, and I benefit the most from them. In case you're looking, for example, as a manifestation to have more friends, you're feeling lonely or stuff like that, for sure eating healthier, having a higher vibration also helps with that. It's much easier to achieve anything in any regard. So that's why I wanted to include a section about foods and water in this course. I know that almost nobody talks about that, because you don't talk about unwanted subjects, I mean, in America, right? A big part of it is actually obese, and I'm sorry to say that, but it's true, and people, many people don't want to take accountability for that, but this is something that influences manifestation as well. I'm not saying you can't indulge in food, and eat the stuff that you want. However, you

will make much more progress when you look at that as well, much more progress. So it's a choice. I mean, do you want to just enjoy a lot of pizza and burgers and etc. and not get other stuff that is more important? Or do you want to maybe find some balance? You can still have some beef, have some bread, you can still have some form of stuff that is not so different from lactose, I mean you can have coconut stuff. It will not be as tasty but the benefits in the long run are so much more important and better in other areas. For me it's a prize that is a no-brainer to be honest. Does that make sense to you?

**Q:** It does. I was wondering if you have any other tips for people that are trying to adapt to a new diet like this.

**A:** Well, I think it's very important to start with what not to eat. That's why I wanted to make sure that I include the list from Anthony William and of course we can give him credit. I could read it and I could explain it. So level number one from one of his last books, which is actually the stuff that is the most important to do not eat as I said as well earlier: don't eat eggs, dairy, gluten soft drinks, and watch out for salt consumption. Some people love salt, they eat too much salt. It actually affects hydration and it's not very good. Level two: his level two is pork tuna and corn. So eggs are worse than pork, dairy is worse than tuna, gluten is worse than corn. Still these are very, very bad – pork, tuna and corn are very bad as well. Level three is industrial food oils, vegetable oil, palm oil, canola oil, corn oil, sunflower oil, soybean oil, fish and seafood, and here he says salmon trout and sardines. In my view, you don't want any salmon or any trout or any sardines. You want stuff that is from the wild, something fresh, you don't want stuff that has been fed antibiotics and hormones. Level four: vinegar, fermented foods,

caffeine, and there's your answer, including matcha and chocolate and some other stuff that is like that. Level five: grains and all oils. He even has like a bonus – cut out salt and seasonings, and avoid radical fats entirely, also limit alcohol, artificial flavors, nutritional yeast, citric acid, aspartame and other artificial sweeteners, MSG, which affects the brain, formaldehyde and preservatives – so if I didn't pronounce correctly, I hope you can still understand me, I'm natively Romanian and English is my second language. So the tip is actually to start with not eating these bad foods. That's number one. Number two, is to drink as much water with lemon juice as possible. Drink as much as you can because this has a cleansing effect on the body, and you will notice yourself, you just feel better and better when you're highly hydrated. And, of course, number three; make sure to include celery juice and wild blueberries in your diet. These are really biggies for me and it's a biggie for everyone that I witnessed trying this. Celery juice is like an elixir. It greatly boosts the immune system and it helps a lot with my chi energy. I see how I make a lot more progress with chi and with the techniques I learned from Nei Dan when I drink celery juice. So this is a big one as well, celery juice. And right now there is a trend going on, with celery juice in America, which is a great thing. It will make you feel a lot better, it will heal unwanted problems, and you don't have to be very, very sick to try these. I mean, some people have like minor health issues, they have maybe some kidney stones or acne or some other stuff like that, skin issues or maybe some organs are not functioning ideally; I mean you don't need to wait until you get sick, because most people unfortunately will get sick at some point in their life giving the diets people are having. So you don't need to wait for that. You will have more energy, you will feel better, and this is very, very important you will feel better.

Well once you feel better, it's a much better place, and first and foremost it impacts manifestation, but because you constantly receive feedback of who you are from manifestation as a reality. So when you feel good, the reflection of reality will say 'Well, Ciprian feels good. We'll just give him more things that prove that, that are a reflection of that'. Start to feel good. What's not to desire about that? It's a much better place to also work on your beliefs when you feel good. It's much easier to relax into some of the beliefs that you have that may be working against you. For example where you had the difficulty in accepting that maybe you are worthy of a better lifestyle, you know from the last course, but when you start feeling better and better and better, guess what? You could find yourself to be like 'You know what? I am worthy. I could be doing that'. People can be examples. I mean, if that person can do it, and that person can do it, maybe I can do it too. And it will relax you into accepting positive beliefs that can change your insight and change the reflection of the outside as well.

**Q:** Well, I'm not sure if this is nutrition related really, but I was wondering about your experience with ayahuasca and if it helped you manifest better?

**A:** Yes, I mean, my experience with ayahuasca helped me quite a lot. In a way, it's a gateway to understanding how good you can feel with your energy. After doing ayahuasca, I felt so good. I mean, I was having a state that I've never experienced until that point. And of course, the herb amplifies that a bit, but shamans that are wise would say that the goal is to get to the ayahuasca state of being and state of energy without ayahuasca. So ayahuasca is like a pill in a way that you take and it gives you a glimpse on how you can feel and how you can think if your body is in a great functionality



condition, but the goal is that with meditation, with diet, with healthy habits, to get to that state naturally. And with manifestation, yes, it helps you because during ayahuasca, and I've tried it with different shamans because I wanted to see from more perspectives and from more schools how it felt, and some of the shamans would say that when you take ayahuasca you have an intention when it comes to career, when it comes to love, when it comes to health, or to some other aspects; and when you have that intention you get into a very deep state of a meditation like experience, where you can question your most, let's say deep kept beliefs. 'I've always been thinking about that, is that true?' and maybe ayahuasca can give you a revelation – maybe this isn't true, maybe this definition, this belief about me it's even better and it's actually the truth. So ayahuasca is a tool that can be used to change pretty fast a lot of your beliefs. However, in my experience, and I've noticed that with friends too, there is also an integration phase. When you take any drug, it gives you a high – and I'm not saying ayahuasca is a drug, but it has properties like some other drugs have, and some would argue that it is in fact a drug – so the problem with those is that you take it and for a short amount of time you feel amazing but after that, there is a period where you feel very, very down. For example, when you take ecstasy, you feel amazing for a couple of hours, and then for a couple of days you feel terrible. With ayahuasca I experienced that downturn as well. I mean, I had months afterwards when I had a lower energy state and it's good that I was in a position where I didn't have to worry so much about other things so I could deal with that. You also have to take that into account; you feel good, you have some revelations, but there may also be a period when you don't feel so good. So, for my situation right now, I prefer to make as much progress with meditation and with

nutrition. Those are my two biggies. I meditate most of the time. I make sure I eat healthy, and I drink a lot of water with lemon. In manifestation, the number one most important thing is the state of being – how do you feel in the present moment and number two are the beliefs. What are beliefs? I will talk more about that in the next module. ‘Thoughts and beliefs’ is the next module, I’ll talk more about that. Beliefs are just thoughts that you keep repeating, that are habitual, and you end up having the definition that in a way the ego wants to preserve but it may or may not be true. And yes, during ayahuasca, for certain areas it's faster to make some changes in those. However, in my experience, it was a price to pay. I wouldn't change anything right now, but I know that in the future, I will not do as much ayahuasca and I'm not eager to do that again very, very soon, unless life gives me an opportunity where I feel it's natural, especially with a shaman. If I meet, for example, a shaman that I feel is someone special, and I want to learn from his energy, I want to learn from his vibration, maybe I would do it again. I would be maybe influenced to do it again, in case someone who is authentic, that has actually energetic powers and I would consider him someone who is worthy of being a master, then I would try it again. Otherwise, I'm not very excited about it, because now, I can reach something almost similar to ayahuasca without it. Does that answer the question?

**Q:** You said you spent a lot of time in Asia, learning about meditation and manifestation. I was wondering if you tried any other Eastern techniques, like energy techniques, I heard about Reiki massage, which is based on energy and I was wondering if you know about it, and what's your opinion on it?

**A:** Well, I don't want to be mean about it, but in my opinion, there is a lot of let's call it fast food spirituality. Yoga, I mean, it has some positive effects, but it doesn't have such an amazing impact. I mean, flexibility is not one of my core strengths either, but it's still at the low continuum in the spectrum of choices. So I was attracted to people that are remarkable, I wanted the master, the person that I'm learning from – and this is something that I learned in business where I didn't want to learn from poor people how to be rich, because it's obvious that if they knew how to actually make money, they would have money themselves – and I had that analogy in spirituality as well, I wanted to learn from people that I could make sure that they were the real ones, because there are a lot of false gurus so to say. I mean, a lot of people in our days pretend that they are very advanced in some specific subject, however, you can feel that there is something wrong, and I'm talking about almost any market. I'm sure you know, right? I mean, people that don't have money that teach people how to make money, or people that don't have success with dating and they teach people how to be successful in dating, or people that are not very healthy, and they give advice on health and food choices, and some other stuff like that. So unfortunately, it's a world full of fakeness like that. Like I've said, in Asia I had two schools after two masters; one of them was master Jang, who I witnessed with my own eyes that he could perform miracles, and he opened my third die. Unfortunately, he had an accident and he's dead now. I also learned Nei Dan and internal alchemy from grandmaster Wang Liping and from one of his students who is Romanian, Aurelian. Their objective is not necessarily manifestation, because if you look at the eastern arts, they want to make ascension. That is the primary objective. They want to ascend; they want to be in a position where they don't need

to reincarnate anymore. If you look into those arts and there are a series of books that I can recommend, in case you're interested in multiple lives, you can understand why that was the objective. Grandmaster Wang Liping is also very, very powerful. I haven't witnessed him performing any miracles, but I believe he had almost Jesus' powers and I am not kidding. For example, when I was into his presence in the beginning, my feet started to hurt. He was like that kind of guy that wouldn't show too much, but you could feel there was more to it. So I didn't go to regular people. I had experienced in the past with one disciple of Osho, and he left a bad taste in my mouth. I mean, he was doing some form of yoga and it was mostly manipulation, that's what I felt at the time. I don't want to name anyone, because I don't want to give them bad feedback. Even Reiki, I mean Reiki is nice, but I haven't met any master that would make me admire him. I actually can do it myself. It's not so hard. I can do it to others, but I prefer not to do it, because it takes away from my resources that are time and energy; and I prefer to invest those resources in growing myself right now, in making more progress in the present, making more progress on my energy state of being, so when the right opportunity comes, I could experience more with those. However, to give you an example, Master Jang who taught me Qigong and was a Buddhist, came from a line of dozens and dozens of grandmasters. They came from a lineage. So it was something that had a deep tradition and they were all able to perform miracles and stuff like that. They were getting to a level where they could perform miracles. Grandmaster Wang Liping also had a lineage that lasted for hundreds of years in Taoism. So I prefer to go to schools that have a lineage, have a big number of masters and they have some tradition as opposed to somebody from Reiki. You just go to Reiki, you have some classes

and then you become like an expert. I'm not saying it doesn't have some impact, but I don't really advise it because you can actually take a lot of negative energy from other people because the palms and the hands are like gateways. You can give energy and you can receive energy through those. So for example, if you are a Reiki practitioner, you put your hands on the body of other people, and unless you know how to clean yourself, and you know how to process those energies, you can actually receive some of those vibrations from other people and they could influence you. So I'm not a big fan of that myself. I'm not saying don't do that if you have a passion for it, but it's not in my field of excitement at this point, at least. If I was excited I would do more of it. I mean, I had a time in my past where I wanted to do more energy tricks, I wanted to do miracles, and I actually had some success with that. But I lost interest and I realized that I want to make more progress first and foremost into the present, in how my state of being is. So that's where I invest my resources.

**Q:** About nutrition, do you think it's also very important the time at what you eat in the day? Should it be a fixed schedule? I heard some people believe in that and I was wondering, what you think?

**A:** Yeah, I hear that a lot from other people that you shouldn't eat after a certain hour or etc. I don't really pay attention to that. I mean, for example, I learned that if you want to get to sleep and you're still hungry, bananas are a great food. Usually if you eat fruits, it doesn't matter when you eat them and how much you eat. So if you eat the right stuff, it doesn't really matter anything. Just make sure you eat as much as you want, there is no holding back, no problem but eat correctly. I mean if you want to eat a lot and you're concerned about eating too much just eat a big fruit salad and you



don't have to be concerned about anything, no matter the time of the day, no matter the size of the plate. I can assure you, you'll not get fat. You know me, you've seen me and I'm anything but fat. So don't worry about it.

**Q:** I was also wondering if maybe one of our listeners doesn't like blueberries or is allergic to them. Do you have any other recommendation, another high in antioxidants foods that they could substitute blueberries with?

**A:** I may be wrong, but I would doubt any fruit allergy. I'm not saying there are not some people that experience food allergies, but when it comes to fruits, they are by far the most healing and the highest vibration food there is. So any fruits you eat. For example, I heard from Anthony William that you shouldn't eat grapes for a long period of time, you shouldn't like mono. For mono eating there are some better choices. But fruit allergies, when you have some effects and you're eating a lot of fruits, may actually be from the effect of healing. So for example somebody who was unhealthy starts eating a lot of fruits, he may have mucus, may have to blow his nose a lot, he may experience some bloating and some other stuff. This is actually the healing process. For example, when you have a cold, right? When you heal you experience some effects. It's not something bad. Maybe it's not pleasant but it is progress toward the desired objective of being healthy and of being of high vibration. Do you have any food allergy or something?

**Q:** Well, I personally have strawberries. So that's why I thought maybe some people might have blueberries.

**A:** But what's the effect? What happens when you eat strawberries?

**Q:** My throat closes up. It's not fun.

**A:** Try to eat them just a little bit. Honestly, strawberries are great. You shouldn't fear them. Maybe the fear is a greater factor than the physical effect actually.

**Q:** Well, I actually developed it in time. So maybe last year I started having it. My mom has it as well, and from her I know that I can eat jams or processed strawberries just not fresh.

**A:** Honestly, it doesn't make any sense to me. I think it's something that you created from your beliefs. I could be wrong because you know 'Never say never' and I want to be humble, I want to remain humble. But I have my doubts. I mean, maybe if you consider eating some fresh strawberries, and observing with an open mind, and understanding that strawberry when it's not something bad on it, when you don't put sugar on it, it's very, very helpful; you can experience a little bit and see exactly what is different. Maybe there is an effect of healing in it. So don't overdo it. I mean, I don't want you to be in an uncomfortable position, but you can probably heal it and it starts from the belief, because you have right now a solid belief that you are allergic to it, maybe that belief is actually giving you nocebo. You can look it up – nocebo.

**Q:** I think there might be a possibility that is true, but I still feel it's kind of weird, because I've eaten them my whole life and I didn't even know about inheriting allergies, which apparently is a thing. And then just at one moment, I just couldn't breathe. And it's kind of, you know, scary to play with that kind of allergy.

**A:** Whatever you trust is a thing. Don't you find it amusing? So you were eating for all your life and you didn't have the problem and

then you learn about something that may cause a problem and problems start to happen. So you just manifest it.

**Q:** Well, I learned afterwards. But yeah, I think that's definitely a possibility and with other things I've noticed it too. But allergies, I don't know, they seem a little tricky to me to try to heal it that way.

**A:** Unfortunately, the health word is full of false information. So I mean it's easy to blame one food or something that could be healthy, for something bad. But it's happening a lot. I've seen people blaming oranges for containing too much acid, and some other stuff that is ridiculous. I think that if you drop the belief, the effect will also drop as well. Because when you really believe something – look at medication, most of the healing is actually made by placebo, I'm sure about that when it comes to pharmaceuticals, people believe that this pill will give them health and because of that belief, it happens. If you have a belief that this food will give you something bad because you hold on to that belief, it will give you a bad effect. But it's the belief functioning. I mean, if you use it for something positive or something negative, it works either way. From my experience, there is nothing like an inherited allergy. You hear about genetic problems, and I'm not a health expert when I compare myself to Anthony William, but I'm a health expert when I compare myself to the majority of other people, but I'm not an expert when I compare myself to him. So, in case you have specific issues like that maybe you can research more into his books, but from my experience, there is no such thing as genetic problems, although, for example, you could have received from your parents heavy metals, and these heavy metals that you have from your parents could cause you similar diseases. Let's say

your mother or your father has arthritis and you could have it too, but because she or he passed on to you some of the heavy metals that they had. So that's where wild blueberry comes into play and the wild blueberry smoothie recipe that I got from Anthony William, because they can actually release those heavy metals that contain very, very low and corrosive vibration, and they can impact your beliefs, they greatly impact your state of being. So I thought this is something crucial to talk about.

**Q:** Well, I'll definitely do more research on this and I'll read the books, because I've always heard about them from you and I know they are very informative and healthy.

**A:** Yes, so for a big part of my life, I was very interested in spirituality and I researched the best authors, the best resources, and the best people that I could learn from. Even on the subject of health, I read dozens and dozens of books, and I tried a lot of methods before I found something that is by far the best, and I'm just giving you the end result, so to say. But it has a big impact overall on manifestation and I wanted to include it. I can talk more about specifically how it applies to manifestation. I mean, I don't want to be put in a position where I'm the health expert, because I'm more experienced than most people but I don't have more experience on that subject than Anthony Williams. I don't know him personally; I saw him speak a lot of times on his webinars and I read most of his stuff, but I know it's the correct information. And I believe him when he says he's channeling from the spirit of compassion, because I understand this thing and this information is legitimate.

**Q:** What is your opinion on alcohol consumption? Will it interfere with the manifestation process?

**A:** Well, the best alcohol to drink – although alcohol is not great, for sure – is grape based alcohol, wine and cognac. So if you can have a glass of wine, I mean, I still sometimes have a glass of wine. It's something that is okay, but don't have it too many times. I drink a glass of wine maybe once every two or three weeks. And if you prefer something that contains more alcohol cognac is also one of the healthier choices. Don't drink beer, it has gluten. Don't drink vodka, it has some other grains. Whiskey is not very good. I've seen some gluten free beer. But why would I drink beer when I can have a good glass of red wine which is probably the healthiest choice.

**Q:** You talked about the importance of nutrition and drinking water, but what do you think about exercise? Is that important for manifestation?

**A:** Well, people look at exercise as the main way to be healthy. I'm not saying it doesn't have some good effects, I'm saying the impact is much lower than nutrition. I think about those monks that were sitting in caves for months and years, they were not doing exercise. However, they have more power than anyone going to the gym, trust me with that. So I think it's one of those marketing fads where, you know, gyms are happy to get more subscribers and it's also a fancy accountable way – maybe I don't work hard enough. I mean, there's an entire industry in staying fit and being fit, but going to the gym doesn't make you healthy, it can raise your vibration but for example, running with intensity is not very, very good. You can destroy your knees; you can have problems with your heart. The best exercise I actually found from Nei Dan is walking and

breathing in an area that has very clean air. So in case you don't have access to areas like that, just walk in a park. It's cheaper and I think it's better for your health. Have a fast walk, but don't start putting pressure on the knees. You can walk very, very fast, no problem. Do it in a park for one hour and I think it's even better than going to the gym to be honest. Maybe it will not build you so much muscle and I'm not against building muscle. I mean, I don't need it. I don't need it myself. I don't need to impress girls with my muscles right now, so it's not something too relevant for me right now. There are some benefits, but you can have some accidents, you can have some problems as well. And if I want to move, I just go for a walk in the park, I don't need to pay membership, I don't need to invest a lot of energy into that, I think it is very useful.

**Q:** I can't think of anything else, but if I remember something I will ask on the next module.

**A:** Okay. Let's give one exercise for today. And the best exercise I can think of is to observe what you're eating and what you're drinking, and the number one priority is from that list to try to get to a level as high as possible of not eating some of the stuff that is there. So level one is a good start, even better is to get to level two, or level three or level four. If you can make consistency with staying away from all that list it's even better, so you can decide what is your approach but you should start from making sure you don't eat some of the bad stuff that has a negative influence on your vibration, on manifestation and of course on your health. That's it. Thanks very much. Have a good day!

**Q:** Thank you!

