

BEST MANIFESTATION

module 5

Your Inner-Power Generator



Module No. 5

So we are going to start with module number five, which is 'Thoughts and beliefs' and it's actually one of the modules that excites me a lot, because there is not so much information on the market, from my experience that is really good. I mean, there are authors and some other people that teach, and they talk about the importance of beliefs. Maxwell Maltz is one of my favorites with 'Psycho Cybernetics'. I also learned from T. Harv Eker when it comes to beliefs about wealth, and he wrote some bestsellers with this kind of information. However, I haven't found many, many courses that can combine the knowledge of advanced spirituality and how beliefs work. The training in spirituality is focused a lot on presence and on energy work, but even they don't tackle beliefs. A source that I found that talks about beliefs and ideas like that is Bashar. I listen to Bashar a lot and he has some very, very good ideas that made me think, but I have to admit that I had to spend years until I could digest all that information. And it's a bit hard to have access to Bashar, I mean, there is a store, but he doesn't dwell so much in the talk, so you have to take some of this stuff that he says. Another good source is Abraham Hicks, another channeling source, but it's the same case, they talk about law of attraction. 'The Secret', the movie and

all the books and everything else that was made was based on Abraham Hicks. It's wonderful content, however, in my experience, there isn't something that can understand that perspective, and that perspective and that perspective, and combine it into one thing. They talk about specific subjects, they are great sources of information, I recommend them if you can go to them, but I will try to condense it, I will try to give you the best nuggets, and give you examples of how it works, so you can make a lot more progress and apply it faster, easier and with more results.

So we have some layers of the unconscious mind, of the subconscious mind and so forth. Probably most people have tried to meditate at some time in their life. I remember when I first started to meditate, when I first started to try this. The idea is to be able to become without thoughts. In the beginning, it's something almost impossible, because you keep having thoughts every second. I mean that was at least my experience, but I know from some other people that they're having actually the same experience. You want to meditate but thoughts that are maybe annoying come to you – maybe the door is not closed, maybe I have to do something, I have to do this or I have to do that. I am sorry for my usage of words, but somehow the mind behaves like a monkey, it keeps bringing you things that are not urgent, it finds

a way to interrupt you in your meditation. So, I'm very happy that right now I don't really have thoughts anymore; I don't really have the monkey brain, so to say, after a lot of meditation, after using nutrition, after a long process that took most of my time and energy in the past seven years and something. The thing is that when you can calm down your thoughts, when you reach a point where you don't really have thoughts anymore, another layer unfolds and that's the layer of emotions, because after you are able to conquer your thoughts, to conquer your physical mind, you have a much better access into your emotional level. Then you can get in touch with your emotions, and you can work directly on your emotions. You can ask the question, 'What is it that I'm feeling right now?' and many people will have mixed feelings, feeling a bit of joy, feeling a bit of depression, feeling a bit of anxiety, feeling a bit of that, a bit of that, and that. This is something very, very interesting.

A principle is that you cannot have any emotion without a supporting belief. I'll give you the perfect example; you cannot feel any emotion towards something that you don't know about. Now have some feelings about John Doe from the street. You don't know how John Doe looks, you don't know if it's a girl or a guy, so you have no feelings. You cannot have any feelings without some definitions in your mind, about how that thing or person or

something else is. You cannot have any feeling, and that's how you enter the belief ground. Because when you can observe in meditation your emotions, you can get in touch with your core definitions, with your beliefs. So for example, if you experience anxiety, you can simply ask the question – what would I have to believe to have this feeling right now? What would I have to believe to be true to have this feeling right now? And that's how you introspect. That's how you get to your own definitions, which are your own beliefs and many people say your beliefs create reality. However, I haven't found many useful resources that are very, very thorough, that go from cover to cover, that take the time, take the exercises to actually unfold your beliefs. Because that's the problem, many of your beliefs you are not really aware of, because many times we hide from them. Let's say when it comes to wealth, you have this belief, that many people have, that money is evil. Many people don't want to admit that they believe that. However, what do you think it projects to money when it comes to the law of attraction? Of course, if you believe something is bad, a part of you is fighting to keep that away from you. If you don't believe money is good, is great, and if you don't believe you're worth to have a lot of money, guess what? your beliefs create reality, your beliefs are like bricks of energy that will create your reality. So, in a way, the process that I recommend is

to first connect with the present and look at your thoughts and go beyond them slowly and slowly. One way to go beyond the thoughts is to place your attention inside your dantian, in your lower belly. When there are too many thoughts, you just put your attention there. It's a work in progress. I mean, it's not a process that is instant. I know people are obsessed now with instant results, they want something very fast. Even in marketing campaigns, right? Pizza in 20 minutes or less or it's free, stuff like that. So people want very, very fast results. However, you have to take in mind that nature doesn't hurry, yet everything is accomplished. Sometimes you cannot really force the process; you have to allow the process to unfold and to work for you. So when you have too many thoughts, you place your attention in your lower belly, two fingers below the belly button, and you start feeling energy. This is your dantian area, how the practitioners of Eastern arts are calling it, whether it's a done, whether it's Qigong, or some other arts. All of them have this area to be able to ground their chi energy, which is basically our vital energy. Chi energy is the one that controls the blood movement as well, for example. I witnessed miracles performed with chi energy, and I've done some small little things myself, however, right now, I don't want to perform stuff. At this moment, I prefer to use it and not consume it for entertainment protocols.

The more even with ayahuasca, what it so effective is that you ingest that elixir and for a certain amount of time, from four to eight hours, you put something in your stomach that gives you a lot of chi, so to say, gives you a lot of energy. So you can process a lot of emotions and a lot of beliefs. That's actually the process. But many people haven't been exposed to a state like that, and they have a lot of revelations logical and emotional. Maybe somebody has a belief like 'I don't like people' or 'I don't like new people in my life' and maybe they have a revelation - 'it's not their problem, it's my responsibility.' Not everyone is good or bad. Or I remember a classic example, with ecstasy which many people know it's a drug. There was a doctor from UK that actually said that a small dosage of MDMA is good for treating depression, and I heard of many people micro dosing MDMA. I don't really like these kinds of tools because you can become dependent. So it's nice maybe to try it once if you have the opportunity, and it's safe, because of course, some of these are illegal, but I wouldn't rely on them. I wouldn't rely on them. One therapist gave to a patient that was depressed some ecstasy, some MDMA based chemicals and something that stayed with me was, 'Is life worth living?' And that person was on the substance and he came to a conclusion of 'Yes, yes, life is worth living.' So that's actually a core belief. And of course, if you hold on to believe that life is not worth living,

guess what the mirror of reality will reflect? Bad things happen to you – yes, you are right, if you say so, if you look in the mirror and you frown, and you say life is not worth living, yes, what we will hear is the echoes of that, and give you proof examples that life is not worth it. However, from the inside, if you smile, and you say life is worth living, guess what the reflection will be? Yes, smiling, life is worth living. That's how it works. Because we have to understand at the core of all things is vibration. This has an impact all the time, all the time.

In a way, emotions determine your thoughts; and the smallest and probably the best example is to think about when you have an amazing state of emotion, right? You feel amazing, you have amazing thoughts. Some people experience that with drugs, and that's why they become addicted. Some people even use drugs in order to compose melodies, to get inspiration. I mean, I'm not an advocate of drugs because you become dependent. So in my opinion, you shouldn't use those too much. Maybe you can try it, to see what state they give you, if you have a safe environment, and you make sure the substance is as clean and as natural in its purest form as possible. That's why when I went to try ayahuasca I went to Peru. And I could tell a difference even there in quality. There was black and white ayahuasca and the white was much better. And I had an experience in Romania

to be fair and it was not the best ayahuasca. People were like let's get high, let's get visions and special effects and stuff like that. For me, it was not so good. It's like eating steak in one of the best restaurants in the world versus eating a burger at McDonalds. Maybe not the same difference, but you know what I'm saying? It's still beef, but it's not the same thing. And what is important is to understand that your emotions, determine your thoughts. I still have thoughts sometimes. When you reach peace of mind, which we'll talk more about in the next module, you will be able to calm down your thoughts to a point where you have less and less and then if you allocate time to become more and more aware of your emotions then you can uncover your hidden beliefs, the definitions that you hold dear to but maybe you stole them from society, maybe you stole them from your parents, maybe you stole them from your peers. When I say stole, I mean for example that they had the belief that money doesn't grow on a tree, money is hard to get. Guess what? if you have that belief and you hold dear to that belief that money is hard to get, the mirror of reality is getting that signal all the time and is affecting your vibration, your emotion and it will reflect that back to you. I'm not saying have stupid believes 'Yes, I can fly. I fully believe that I can fly' because of course we play the game of reality. There are some rules. I mean, we don't have to believe in gravity, for gravity to work,

because these are beliefs on a higher level. In psychology, they talk about this, about mass consensus agreements. I've seen some people trick that belief when they can levitate, I mean even Jesus when he was walking on water was levitating. And you can do that with a lot of chi, with a lot of energy, but you consume a lot, you burn a lot. So I mean, is it worth it or not? For example, one of my masters in Qigong was able to set things on fire, he was able to put fire remotely or directly into an object, and he was admitting, yes, this takes a lot of energy from me. It's nice to be able to display so people can have undoubtedly proof that this thing exists, that is possible. However, you shouldn't overuse it. And I've met another Grandmaster, Wand Liping, which I respect very highly as well, who didn't make any demonstration, and many people said that he was more powerful than other people that displayed powers like that. If you want to see chi energy and how energy is actually real, I can give you for example a video on YouTube, if you guys want to see how somebody demonstrates chi energy. And it's real. It's like one of those masters that I went to. I no longer need demonstration of that, to know that is true, that it works. But maybe it's a good resource.

‘Yes, that sounds really interesting. I would like to see it.’

I'll give it in just a second. It's on YouTube. So these guys, what they do, they develop the dantian, they develop the lower

belly area, and when they are able to accumulate a lot of energy over there, they can use that energy to make miracles. That's the blueprint of the human body because everybody has that area and people like to believe we're so evolved, we cannot go any further. I mean, a funny example is the head of science in UK, I think around 1800 or 1900, is pretty famous for saying 'everything that had to be invented was already invented.' You know, so people all the time, especially people that don't know so many things, they think we are at the peak of the evolution, and the end of the world is coming. So those are two beliefs that are funny, but many times people feel that. Even right up some people I'm sure they believe the end of the world is coming soon and we are at the peak of the evolution. No, the human body is still evolving, and the shamans believed that homo luminous will actually appear in the future, where we become more and more light, where we can actually perform miracles, where we become telepathic, where we are connected with each other only through the power of thoughts and feelings. So I think in the future this will happen on Earth as well.

To get back, at the theme of today's module: thoughts and beliefs. In a way, the doorway is through emotion. Because yes, beliefs are thoughts that you keep on having in one way or the other, and beliefs contain core definitions in your consciousness

about yourself, about physical reality, about relationships that you have with things, people etc. So the doorway is to become aware of your thoughts, to relax them, to be in a state of peace, and then to look at your emotions. Look at your emotions and for the emotions that you don't want, that you don't prefer, you can ask loudly yourself 'what would I have to believe is true if I have this feeling that I'm feeling right now?' And yes, answers will appear. Whenever you ask a question, the answer will appear as well. And you can take another look at that definition that you have. 'Is that the ultimate truth? Is that how reality works?' and most of the times you'll just see it's something that you took from somebody else, whether it's school, whether it's parents, whether it's society, friends, who didn't want to necessarily give you something bad, but they didn't know any better. They believed that is true as well. So that's how it works.

'Sorina, maybe you can tell me in the present moment, what feelings are you feeling right now?'

'Well, I would say curiosity, or maybe excitement to learn.'

'Okay, that's good. That's good. Is there any feeling that you can become aware of, that you may want to change? And let's make it into the theme of money? Let's put priority money, then love, because you tackled both subjects in the past modules.'

‘You mean my feelings towards money?’

‘Well, let's focus on the present moment, because all the time we have beliefs and all the time we have energy and emotions towards that. So let me ask you a simple question. How do you feel about money? Do you think money is good, is bad? How do you think about fairness of money? Like is money correct or not?’

‘I think money in itself is not good or bad. It's just how we use it.’

‘Okay, good’

‘I think money's fair, like using money, going deeper into capitalism and all that stuff that's more complicated, but using money I think that's a good social construct that we developed as humans.’

‘So what are your emotions toward money? And what do you believe when it comes to money?’

‘I mean, I think my emotions change, so maybe sometimes frustration, sometimes excitement. I guess it depends on the situation. And could you repeat the second question again, I'm sorry, I'm a little lightheaded.’

‘What do you believe about money?’

‘I believe they are useful resource if you have them.’

‘What about when you don't have them?’

‘I mean, I guess I believe that people with money should be more compassionate towards people that don't have it.’

‘Okay, that's fair. I think that is a fair assessment. I mean, I tend to agree with that, some people become very greedy and they lose compassion for some other people.’

‘Yeah, that's exactly why I said money in itself is not evil, but it's just how you use it. Many people that gain a fortune forget where they came from, I guess.’

‘Okay, so you don't really seem to have something to say misaligned. However, I remember that in one of the past modules, you were having difficulty accepting that maybe you will have your dream lifestyle, when it comes to money in a way. You wanted a house. You wanted something specific that one needs money for. So what made you think that it's not something attainable with simplicity?’

‘I guess when you said before about the belief that money is hard to get, I kind of resonated with that. At the same time, I understand that there are many examples of people that didn't have to work so hard for their money and became successful, but at the same time, I don't see myself getting money easily.’

“Well, let's go for some beliefs here. So you can have the belief that money is hard to get, or you can have the belief that money is easy to get. In my opinion, which is something that I observed, when you use the right leverage, money becomes pretty easy to get. Yes, for most people that work from a position of hard work that make money to survive yes money is hard to get. I mean, we can look at many industries; money is hard to get for somebody who works on a lower level or in a corporation or works on a lower level in a specific field. However, if you learn the knowledge, if you learn the skills, if you can create value, in a way, money becomes pretty easy to get. So I think, the best position to not go into wishful thinking, because that's another a problem some people may have with manifestation, because yes, with wishful thinking you could get lucky sometimes, but I think objective thinking, critical analyzing and critical thinking are much more responsible, and produce lasting effects. So that's why I think it's important, for example, to treat money with respect. Because if you only think money is easy and that's it, some people have some periods where are fortunate and I can give you examples, like athletes. Some athletes are lucky, they have some gift, it's easy for them to be very, very good at sports, and they can end up making a lot of money, and many of them end up broke later, years later, or decades later. It's one of the examples. I mean, it

was easy for them to make money, and I'm sure they made that a belief. However, reality kicks in: it was easy for you when you had a highly valuable skill. However, if you lose that skill, and you don't have any other means, you haven't become responsible for the energy of money, and it can change. I like a position of neutrality for grounding, and this is advice that Buddhists gives as well. I mean, in a way, their objective is to achieve peace of mind, with neutrality you go towards peace of mind. And you can take reality as it is because reality is already perfect. It gives you choice for positive and negative; it gives you in a way, the means of appreciation, because if everybody would have money, unlimited money, money will not be appreciated anymore, abundance wouldn't be appreciated if there wasn't the possibility of lack of abundance. You wouldn't appreciate a flower if some things in nature wouldn't exist to make the contrast. Does it make sense?'

'Yes, it's similar to how you wouldn't appreciate happiness without sadness?'

'You know, yes, but the so to say fortunate part is that our natural core is one of abundance, is one of happiness, is one of unlimited power, because we come from source, from a spirit, we come from God itself, we are one with God, which is the source of all

existence. So, we come from unconditional love, unconditional power, and unconditional light. We just experience life as a way to process what we prefer and to grow in that process. So with money, you get much more satisfaction. Charlie Munger is one of the wisest man when it comes to financial things and not only. He said the best way to achieve success is to be worthy of that success. And I agree with that, because nobody can take the satisfaction when you know that you become like that through fairness. In fact, I believe that's how spirit works, when you become that, you have the satisfaction of knowing that you have achieved that, from rags to riches, from going into something that is pretty dark, because physical reality has a lot of limitations, and we conquered and we went back into the light. That's something that creates the high vibration of feeling amazing. No one can take that from you when you know that you achieved that by yourself through your own means, that you are worthy of that, because you already did. And there are many people that make money fast and easily through means that are not so ethical and they lose all that money fast or they have a very, very bad lifestyle. I mean, I can give an example of Pablo Escobar. He became pretty popular these years with all the movies and all the stuff about him on cinema and people are like look at him, he is mafia especially young people thinking he has such an amazing

lifestyle. That's bullshit. Simply to say that is bullshit. He was living in fear most of the time, he had to smoke weed to be able to relax, having a fear that he would be killed, and he had some money, but he was hiding it in the ground. That's not an abundant lifestyle. Maybe he was a model for somebody who wants to be a thief, a thief to succeed. But what is successful about being a thief anyway? So, you know, that's the problem, in my opinion with society right now that we don't have very good examples of people. People still fall for the quick and easy scheme. That doesn't really work. And it was proven time and time again, that quick and easy is wishful thinking. I'm not saying it has to be hard. But what if quick and easy is replaced by passion and work that feels like passion? When you work with passion is not so bad, right? I mean, you can grow correct or not?'

'Yes, you're right.'

'And wouldn't you be even more satisfied knowing that was something challenging and you still made it versus knowing that it was something easy? Wouldn't it make it more worth it?'

'Yes, of course. It's a lot more pleasure when you know you've worked hard for something. You really feel like you deserve what you are getting.'

So that's the perspective. In fact, it can give you more satisfaction. Like when you look at gaming, you have easy mode, casual mode, hardcore mode etc. There are many gamers who say, you know what? I want hardcore mode or whatever mode, if you know what I'm referring to, because I want a challenge. And yes, if you want billions and tens of billions, it can be challenging like that, although it's not the mandatory way. I can give you again the example of Warren Buffett, who says he doesn't work very hard, he works a couple of hours a week, or a day, he reads a lot, and he makes some financial decisions every couple of months. Doesn't seem like a lot of hard work. Of course, he works with the mind, he thinks, which for some may seem like hard work, but for him is a pleasure. So it does have to be hard. You know it was many times said that to be rich and successful you have to work like a slave. Work, work, work 100 hours and it was debunked recently. I mean, people realize sleep is actually important, because if you don't sleep, sometimes you make bad decisions, and this will cost you more than some extra hours of work that you lose, especially if in that those extra hours you make mistakes, you make errors. So thoughts and beliefs, ideal is to get to a neutrality point where you can see the reality as objective as possible. You can see what is for being itself and many people have a challenge with that because if you look at the flower, it's a

miracle. How beautiful it is, how nice it smells, how life is creating life in a positive way. That's a perfect heavenly example. We don't look at that. Nature is a miracle and we don't see it for what it is objectively. So by becoming more and more objective, in fact you become more and more positive, because you look at all the things that support you, look at all the love that the universe has for you; and also by entering more and more in neutrality you understand clearly that it's your choice. I mean, you can retain some of the negative beliefs, but then you own the negative reflections and you know that when you go into positive beliefs, you will get the positive reflection. So the universe, from a maturity perspective, always gives you the choice. You can choose this; you can choose that, it doesn't impose it on you. In a way God's love is so big that it allows you to think that you are not loved by God. It's something objective. Think about it. Someone loves you so deeply that he gives you freedom to feel like you're not being loved. Because it gives you free will and that's unconditional love. It's very objective. I'm not fooling anyone I'm not deceiving; I'm just telling the truth. And truth if you look at religion, the holy truth, the full truth shall make you enlightened, shall set you free. Use it, that's introspection, that's beliefs.

‘What would you like to believe about money, Sorina?’

'I guess it boils down to if I deserve it. So maybe, because I'm at the beginning of my career, and I feel like there's so much stuff that I still need to know in order to make money and deserve that money. That's why I'm sabotaging myself so to say, and saying that I don't deserve it now.'

'Well, it's a process of growth. I mean, it's the best when you deserve it and you receive it at the same time, that's best. So make sure the quality of your work is impeccable. Make sure you create something of value. I mean, even with this course, make sure that we can produce the best that we can. And there will be opportunities, opportunities come all the time.'

'Right, I'll sit with that idea. Of course, I want to do my best in whatever I do but I'll sit with the idea that if I deserve it, it will come.'

'I mean, you're in a way at the beginning of your career, and you took the employee path, which is perfectly fine. I mean, it's where actually most people are in the Western world, and there are many, many ways to approach it. You know, there's not something like an ultimate truth. And I can give you the example of Facebook and Google, many people got very, very rich for being employed there. Of course, the founders made more money compared to them, but most of the money were actually made by

other people. It's possible to become rich in all scenarios: as an employee, as a freelancer, as an entrepreneur or as an investor. There are examples. For example, both of you have a potential to become millionaires. I mean, Andrei is maybe having a path that is more clear, and you know, I would like for him to work with us long term and we can negotiate I mean, he has benefits from working with us, he can grow. Sorina you have opportunities as well. So make sure you become better because when you become very, very good, in a way there is a lot of money that gives you what you give. If you got a great product, you don't really need marketing so much anymore. And this is something that Jeff Bezos said, that right now, the quality of the product, the experience of the product is more important than the marketing. And I understand it. I understand it when it comes to Amazon, to his E-commerce, right? Because people look at products and they look at reviews, they look at ratings. And that's in a way the best selling point. You look at products and if it has one star, and some terrible comments, then it repulses you it from buying. Look at IMDb when it comes to watching movies, right? If you see a movie has a rating of four or five, you don't want to watch it, but if you see a movie has a rating of eight or nine or even more, you're excited to watch it.'

'I agree with that 100%, is just because the market is so saturated, that people are not only looking to be sold, they are looking for something that has social proof.'

'I understand why this is like that. Technology will make it more and more possible for getting the most deserving products into the hands of the most people. Although sometimes standards are a bit low, because you know, the level of society is the one that is moving the slowest. I mean, if we look at food, the most popular foods are still McDonald's, Subway, and things like that. So I'm not saying is the best product by themselves for sure, but they're the most popular because that's what people prefer right now, they prefer taste, they don't prefer health and quality over all. And it is what it is. Even with movies, sometimes you have some movies that are hidden gems, and they received a pretty bad rating for the wrong reasons, and you have some movies that have been pumped up, they received a higher rating than they would have been worth it. You can think of examples like that. It's not like a general rule overall, it's not a general rule. So I'm sure as technology progresses, more and more solutions will appear to have even more meritocracy, but I can say that the best way to make more money in a way is to make sure that you're also worth it, that you can give something in exchange, the quality of your work has to be very, very good. If you look at a real estate agent,

in case he is able to make sales, he gets a commission, if he's not able to make sales, he doesn't get a commission. If he's able to make sales and make the customer happy, he can get a client for life and make many more commissions and he can get referrals. If he's making the sale and deceiving the customer, maybe he gets a bad reputation. And you know, it's a very problematic position, maybe you would get a sale that you wouldn't get, but look, Warren Buffett said, we can afford to lose money, we cannot afford to lose reputation. I'm sure he's pretty savvy when it comes to financial advice. So it's easy in a way to be tempted by the easy money and lose character which in a way it's stealing from yourself from all levels. And it's not worth it. It's far better to create something that is worth it, and in time to build something that has reputation, that has maybe the ability into becoming a brand that is valuable. That's how you make actually even more money and more satisfaction.'

Questions & Answers

Q: I was wondering if you have any advice for end path, to not care or get to a place of neutrality. As an end path I feel that I get a lot of negative feelings very easily from other people or situations that are happening in the world.

A: Connect with the feeling, connect with a feeling. For example, right now, because you talked about that, you can connect to a situation where you feel let's call it negative energy, you experience negative energy and ask it 'what would I have to believe, to feel the way that I do?' Even only observing it, will build you emotional muscle so you feel it less and less in a bad way, but the best approach would be to be very introspective, to be calm, to be objective and to ask 'what would I have to believe?' And I ask you, what would you have to believe to feel that emotion of sadness, or whatever it is?

Q: Right. So let's say for example, I feel sad because of inequality. So maybe, let's say, a lot of people are starving in Africa, and I feel sad about it, but I can change my belief that that's bad. So how do I get into a place of neutrality?

A: Well, you have to realize, you have to understand that when we come into this life, we choose the life that we want to experience, we choose the team. Some spirits, I can give you the perfect example, there are situations where a child is unborn, or dies after a couple of years and I think that's probably like one of the most tragic situations you agree, right?

Q: Definitely.

A: In spirit you are abundant, you don't need to eat, you don't need to sleep, you have abundance, and you are much closer to the emotion of love, of full love, of unconditional love and you feel amazing. You feel amazing. It feels so good. And over there, you don't have so many needs as here and spirits coming from that place into this place some of them think that 'Look, I don't want to enter deep sea. I just want to put my toe in the water, to see how water feels.' And they have a short life, maybe a couple of years. It is a bit of suffering, but is not as painful as you'd think for them. They experience how physical reality is, but it's all up on a spirit level because spirit in a way governs physical reality. Let's say having the bad condition in Africa. It can be a number of reasons. Maybe they wanted to explore the theme of poverty for their own growth. In fact, one guide was saying that one of the biggest fortunes is to have to deal with a bad illness. Because when dealing with a bad illness, it gives you a lot of weight, like in weightlifting, to be able to grow as a spirit. So you come from a place where it's love, where you don't have needs into a place that has limitations. And we are advanced spirits on Earth. Earth is believed to be, by many, and I agree with that, one of the let's call it toughest schools. But maybe it's not a fair so to say labeling, the usage of these words; let's call it one of the most prestigious schools, like entering Harvard or Princeton. So of

course, there is a level of discipline that you need to attain in order to become successful. And only the let's call it most powerful spirits come into this kind of reality. But they graduate with merit so to say, you know what I'm saying, they receive many honors for it, and they chose it. You chose your life before entering it. And also, it's important to understand that everyone is safe, everyone is safe, and everyone is guaranteed to get in the light, eventually. We have infinity at disposal; maybe not in this life, maybe in the next life, or the one after that and so forth. So we don't come from a place of scarcity, we will never cease to exist. In a way when you die is like waking up from a dream and the greater being is actually you on the other side. This is the life that understands all the lives you've been having, and all the things you've explored. You are much greater on that other side than on this side. You have 100% of your energy back there, here you come with a fragment of your energy, but the goal is to be able to reach into spirit by this life, and that's how ascension happens. Some people are able to ascended, like Jesus and some other masters in the past have ascended. They have unified physical reality and spirit. Does that answer the questions?

Q: I guess I need to focus less on physical reality and more on spirituality or the bigger picture.

A: Well, what it means to focus on physical reality is actually to focus on how you perceive results to be. You focus on the mirror frowning at you on some areas. Is that effective?

Q: I guess it's not, but it's just difficult to not feel guilt when thinking that people go through such things.

A: You believe is difficult, or it's simple. I prefer simple. If you think it's difficult, guess what? It becomes difficult.

Q: So that's how you look at beliefs. There is not, let's say, difficulty built in the universe. We decide whether is difficult or it's simple, or it's easy. It can be challenging. But challenging and difficulty are different things. Challenging also comes with excitement, is something that you can enjoy. It's a challenge. You may have to go at it for a couple of times, and you may have to invest some time and some effort but it doesn't really make it hard by itself. It's something challenging, and you can make it. For example, some many people want to learn how to drive, right? It's one of the things that we believe it's great. In the beginning when you just stepped in a car and you are in the driving seat, it's very, very challenging. You agree? But is it difficult in reality? Not so much. I mean, you slowly learn, you get better, you start to get coordination within everything. I started driving with the manual driving gear, it made it a bit more challenging, but still, I was able

to do it after a couple of dozens of hours pretty good. But it was very challenging in the beginning. I mean, if you pay the price in a way, if you pay energy, if you pay attention, if you want to learn it, yeah, it can be challenging at first, but then it becomes very, very easy. The most successful people they make difficult stuff seem very easy, and it's easy for them. I mean, it's pretty easy for Roger Federer to give perfect shots sometimes, when it comes to tennis. It's easy for him. It's natural. It's challenging for many, but he practiced. He's worthy because he practiced, he build that skill.

A: Andrei, let's go into the love subject, because I believe that car is not only for yourself.

Q: Not really, I have a girlfriend. So it's not really to attract with it or anything like this.

A: Okay, so maybe I missed it. So you are saying you're fully abundant in that department? You're perfectly happy, right?

Q: Yes. I think so.

A: Are there any things that could be better? Or you would want to be better?

Q: Not really, maybe a little bit more time together, because we are both occupied with school and work.

A: I understand, well you can make more time, I'm sure. I mean, school will eventually finish, right? And with work, the more the better you become, the more you have the flexibility of picking your schedule.

Q: Work is not really a big problem; the school is actually a lot more stressful.

A: How much more do you have left?

Q: This year and I'm finished.

A: So it's not so bad.

Q: I'm looking forward to finishing it.

A: I believe you. It was pretty useless for me for the most part, to be honest. But yeah, it was funny too.

Q: Yeah, for me too.

Q: Well, personally, I had a curiosity as a beginner in manifestation and meditation and spirituality overall I cannot picture the idea of not having thoughts or having little thoughts. So if you could expand on that and just explain how it works, or how you go through the day, I don't know it just seems surreal for me.

A: Let me address one thing first and foremost, you're not a beginner in manifestation. You're an expert because everybody manifests all the time. You're a beginner in conscious manifestation where you get to decide consciously, with objective thinking what you want and what you prefer to manifest. I want to correct it, so we don't allow mistakes. Think about this. For most people, 90 plus percent of the thoughts are not really useful if it makes sense. Because we have constant interruptions – I ought to be doing this, I ought to be doing that etc. and you think about blah, blah, blah, or you think about blah, blah, blah, and it's not really useful. It's not something to prefer. That's why many people want to escape the mind by taking substances. They become successful, and they understand that this is not really the final recipe for happiness and they get into drugs: into cocaine, into marijuana, into some other stuff. That makes them feel better. Because we actually look for feelings, we want to feel good, we want to feel excitement, we want to feel joy, and we want to feel ecstasy. And that's why we have sex, to feel orgasm, to feel pleasure. So in a way, you don't miss those thoughts, because you don't miss the monkey that is coming up with interruptions. Maybe I was a bit too critical of that. It is like a monkey, but of course, like I said, the mind can be a wonderful servant, or a terrible master. When it's a terrible master it's like a monkey that

comes in to interrupt you and be like this is the emergency right now. When it's a wonderful servant, you have stillness; you have peace in your mind. And peace is amazing. I mean, imagine when you smoke weed and you feel at peace, you feel so calm and relaxed; you can have that most of the time. And when you want to have thoughts, you put your intention – I want to have ideas about this, and yes, you have thoughts and you have ideas, but you don't have the so many stupid ones. You just get the great ones, the amazing ones. Does it make more sense now?

Q: Yeah, it is clearer. I just can't imagine it for myself but I know I can get there.

A: Yeah, it takes time. It takes practice. I mean, it's something that it's challenging for most people, it's challenging and that's why not so many people achieve it. But it is how all spirituality is actually created. I mean, all the schools that are in a way more practical, like the school that I studied to, in some ways those people can be primitive usually when it comes to modern life. For example, in China, there are very good people, but they didn't have as many luxuries as somebody in your world. They were eating food from the streets sometimes or they were sitting in caves. I mean, I don't think it's necessary to sit in a cave to meditate. So in a way, it was not the best of everything for me, at least. But yes, they've gotten to a point where they are feeling

great and this was their tradition, and they are able to be much more powerful than I am for sure when it comes to handle energy work. There are practicing for tens of years. They had masters training them and teaching them. I think I will progress further for sure, and I'll get much more advanced as well, but I'm not so focused on that; because the more you enter the present, the better you feel, the better you start feeling. So when you're feeling amazing you become more peaceful. That's why, in a way, the first milestone is peace and inner peace. Peace, get to peace, once you get to peace, life is pretty good. You start to love life slowly, more and more, maybe slowly, maybe faster. At least slowly you start to enjoy life more, and you don't think that you're missing out on something because you don't need so many activities. I was making more money; I had more activities in the past. However, I was not very, very happy. And I decided I don't need as much money. That's why I put a lot of time into spirituality, which was something that I thought at the time, and I think I was very, very correct that contains more value than to work just more to make more money. And I have enough money, I'm satisfied with that. I mean, I'm a multi millionaire. I'm, you know, in a position where I don't have to work for money anymore in my life. However, I had months when I was spending a lot of money, and I was not very, very happy. Right now, I have months

where I don't spend as much money, I am still enjoying it, but I'm much happier. And for me happiness is the most important from that perspective. That's the end result we usually want. And yes, slowly, I would make more money, I like that process, no problem, but I don't put pressure on it as I used to. That was creating me a lot of unnecessary turmoil when it comes to peace, when it comes to being peaceful. So I prefer to make progress right now from a position of clarity, where I do actions that are fewer, but have way more leverage. I like a lot from a financial regard what Warren Buffett is doing. I mean, he doesn't work so much. And yet he is one of the richest guys in the world. That's one of the best examples. Use a lot of leverage. He doesn't spend his money somehow. I mean, he doesn't use all the money, he doesn't need as much money as he has for sure.

Q: Can we change our beliefs? So let's say there are some beliefs we are born with, that are taught to us since we were kids. Can we change them along our lives?

A: Of course you can change your beliefs. You change your beliefs, you change your life. That's how it works, and I don't think a kid is born with beliefs, he is instilled. The beliefs are instilled to them by parents and society. If you look at a child he's usually happy. I've seen some babies crying but they have a reason, they cry and then they are happy. Many parents are inspired by how

happy their small newborn babies can be. The natural state is one of happiness, of joy. The child is born with purity from that perspective. It doesn't know how to lie; he doesn't know how to deceive. He learns that from his life experience. So yes, of course you can change your beliefs and the way to that is to become first aware of what is it that you may believe from your perspective that is truth and to realize it's not the ultimate truth. I mean, if it's still correct from your perspective, it's not the ultimate perspective, there is a grander perspective. And you can understand that and you can see that this is actually even more truthful than that perspective. I mean, this is truth in that situation, however, I prefer this situation, and this situation is actually more truth, there is more truth in it, and it's actually the greater truth and I want to feel things in the grandest way possible. If you want, we can go through an example. I think that would be good. Give me a belief or a truth that you have, and you don't know whether you can change it or not.

Q: Let's say the belief I think Sorina has that money's not obtained easily.

A: What belief would you prefer to have?

Q: That money if you really want them will come to you, but also if you deserve them. I think that is true. But I don't have another

example to give you right now. And I thought we could focus on this belief that money is hard to attain.

A: Don't you see examples in the world? A lot of people that worked for their money and got it, so if you see so many examples, how can it not be a truth? You just have to do it yourself as well and see for yourself, but why steal from the journey? I mean, you'll be excited. The thing is that, you know, it's funny, because some people become millionaires or billionaires or whatever, and they saw this happening, and they get disappointed because they thought it would be something else, that everything will change. No, is just more numbers in your account. Yes, you can purchase more things, but it doesn't change your overall being. It's like moving, traveling to other places. Just traveling and seeing a new location, it doesn't change who you are. So if you want the biggest changes, change yourself. Yeah, money is great, I mean I like that I have money, I like it a lot, but it's not the most important thing for me right now. Much more important for me is to have an amazing present emotion. So yes, you will get the money. Do you want spoilers? Maybe not, maybe yes. Of course, you have to be consistent. You have to be committed in growing your skill into making sure it's a skill that will also give you results. You know, in your position, because I'm familiar with it, we will see what the market wants,

right? And that's basically the most honest and the most meritocratic truth, right?

Q: I have another example of beliefs. So let's say that over the years we only thought that the western medicine, like scientifically proven medicine is the only right way to treat and heal the body and medical problems. And now we are talking about other practices from the Eastern world that are sounding like magic? How can we change that belief?

A: Well, in reality, the best doctors know that they don't heal the people themselves. They can perform a surgery, they can give medication, however, the person heals himself and your body will be the one responsible for healing. And I can give you the perfect example with HIV, right? I mean, when you suppress the immune system you die eventually by aids, so any small thing that will have no effect on other people will kill you, if you have a condition like that. So all healing is ultimately done by the body. However, it's much better to support the body, to not give it garbage and expect gold on the other side. To give it fruit, vegetables, give it plenty of water, especially if it's water that is alive, I mean, when you put lemon it makes water alive, because water when you take it from the bottle is like dead water, it has been sitting still, it doesn't contain the energy of living water like from a spring. When you put lemon in it that is living water. And it turns every milliliter

of water into life. So if you put the right fuel for the body, yes, it will heal. If you have the belief that the body loves you and supports you, then yes, your body loves you and supports you unconditionally. That's why the body copes with all the misery and the suffering. Most people fight with him, right? I mean, they abuse their body with food, with substances, with alcohol, and some other stuff like that, and the body still works for them. But yes, if you give it the right fuel in time, it can heal anything. Then explain placebo, explain nocebo. How beliefs have such an impact that even pharma doesn't really want to look into it. They're afraid they might lose their customers. I mean, they're old systems that first and foremost want to make money. In time, we will probably get to a point where we actually abolish disease. There are some other societies of extraterrestrial beings that don't have diseases anymore in their societies. And with more evolving, we will probably get there, and we understand the power that the body surely has to heal anything, any illness, any sickness that was many times caused by pollution by heavy metals, by toxic foods. There are some viruses and bacteria as well that are harmful, but they cannot resist in a body that is alkaline, that is fed with proper foods and has a lot of good liquids, like water with lemon.

Q: If we know someone close to us that has a harmful belief that could affect their life, but they are too stubborn and don't want to change it, how can we help them?

A: Well, you shouldn't insist too much. That is the first rule, because there are some people that want to be saviors. I mean, if you want to save the world, first save yourself, the best influence is by the power of example. 'Be the change that you want to see in the world.' So there are some people that are chronic, chronically miserable, sorry, but walk away. If you to tell them logically, reasonably, emotionally and they still don't want to understand and they don't want to make a change for the better it's actually not very, very good to insist, it's not recommended. Because in a way, you're entering their karma, because the more you stay in that energy, the more you absorb that energy as well, and you start questioning maybe yourself as well. So it's not beneficial for you, and it's not really beneficial for them, because they receive attention and many, many times these people that are in so called pain, they want attention. And they receive what they want, and you don't get what you would prefer. So it's not an ideal situation. I mean, people deserve freewill; God gave us all that freewill. So it's best to respect it. Respect that that individual has freewill. You can show them the path that you believe is correct, and it's probably a much better path than they choose,

but if they don't want to walk the path you cannot walk instead of them.

Q: Can you give an example of a harmful belief that you let go off and it helped your life?

A: Let me try to remember. I am usually not concerned with these kind of things, because I'm focused on the present, and it's like can you look through some of the garbage in the past and give us a piece? But for the sake of the question, I will. I think I can give the relationship with money as a good example. I mean, I had a lot of money, but somehow in me, there were still some poverty emotions and some poverty beliefs. And I sensed that if I continue having those beliefs, because I already knew about manifestation, I learned about manifestation more than 15 years ago, it's a recipe for disaster. So what I was doing, I was making a lot of money, I was spending a lot of money, and I had to compensate, I had to work harder than I wanted to, to make sure I still get a lot of money. So I realized that first and foremost, I have to understand that if I have this specific amount and fully understand, emotionally understand that by anyone's standards, I am wealthy. And, of course, I mean, that's the hardest way to get it, right? I mean, you're rich and you don't believe you're rich. Although maybe a million dollars isn't like rich, rich for too many nowadays, but in most parts of the world having a million dollars

is considered being rich. So I had more than a million dollars and I was still feeling that I was poor, and that I have to prove that I have money. And I was doing that, I had to prove that I have money so I was just going to places and spending a lot of money in front of other people so they can know that I'm rich, and I can get the feeling that yes, I am rich. Which was very stupid, but I had to go through that. I realized that I have that money. I'm already provided. I'm already rich, I don't have to prove to anyone else that I am rich; I will not have to prove it anymore. I can be rich while having a balanced life. And some of the wealthiest people in the world are known for having a balanced life or some of them are even cheap. They are worth billions and they're very, very cheap, like the founder of IKEA is famous for being very, very cheap while he was one of the wealthiest people in the world. So what can I say? I mean, right now, I know that I'm wealthy, that I'm rich, and I'm also savvy when it comes to finances. And I think that's the best objective approach. Because yes, you can become rich and you can lose it all. But it's not a great experience if you ask me. It's easy to get poor, it's much easier to get poor than to get rich. Ask the people that win at lottery. Does that answer the question? I went through my garbage enough. Is it okay?

Q: Yeah, that's okay. What it was actually interesting. Thank you.

A: My past garbage to correct myself, I don't have it anymore. That's how the present works. I mean, you have to connect to something from the past that you no longer prefer, but I did it, no problem. You know, so it temporary became my garbage again, but I threw it out. I'm peaceful. I'm wealthy. I'm abundant. Those are better words. I have everything I need. Make sense?

Q: Do you think phobias are a type of belief and can they be cured with meditation?

A: Anything can be cured by the present. Anything can be cured with meditation, anything. Because like I said, spirit governs physicality. Physical reality is just a dream, it's not the ultimate reality, it's a dream of that. So yes, you can use the same process, you can create with the moment. I would recommend not going too much into the past to look again at garbage from the past, to be honest, because some people can remain stuck like that for years and years and years, and you know, they end up being miserable. So it's much better to look at something that is in the present, because the present is always relevant. The Universe is perfectly built. God doesn't make mistakes. The present is always relevant. Do you have that phobia in the present? Yes or no. Does it affect you? Maybe a simpler path is to just not – I mean, let's say you have a fear of spiders, just avoid spiders if it's possible or if it's something that you cannot change,

if you live in the nature and you see a lot of spiders and you're afraid of it, go for emotions and go for beliefs. How do they make you feel? What would consider true to experience the feeling that you experience? It may be a bit more intense, but it's still the same process, still the same formula? Do you want to take this any further?

Q: No, I think I can understand that. And I think it's possible in time to let go phobias that seem instinctual, but are actually ingrained in our minds.

A: We are born with two instincts: fear of loud noises and fear of heights. Everything else is invented by us.

Q: So does that mean that you can never let go of the fear of heights? And I say fear of heights, because that's something that I personally have and I feel that it kept me away from some experiences?

A: Well, let me give you another example. I see a lot of people that want to watch horror movies. They look at horror movies, they know it's not good for them, and they're fascinated by that. For me, it's hard to explain it right now. I mean, I realize in the past I had a period when I was watching horror movies myself, and I wanted to be exposed to some horrific stuff. I don't remember exactly the reason, to be honest. It was just stupid. I

mean, I've done stupid things in my life, that's no problem. But why get so fascinated by that? We can get obsessed and fascinated by the wrong things. But why do that? And with heights is it something relevant or not? I mean, are you constantly working in conditions that expose you to heights, or not really? If you don't have that relevancy in your life, why be concerned about it? It is not something that matters anyway. If you are one of those workers that you know, have to go at heights, maybe you should change your work, or if you don't have a choice, which seems something almost impossible to me, but let's say you don't have a choice, just focus on the present. Calm down the emotions, calm down the thoughts, calm down the energies, and you'll become more and more relaxed. I mean, it's still from a physical perspective, a bit of a scary situation, there are dangers. If you can walk away, walk away, why not?

Q: Yes, I guess I just need to be okay with not doing some things, which in the grand perspective of things, I guess I won't be doing many other things.

A: How many bytes of food you can take right now? The present is now relevant. People are too concerned about the future or about the past. In the present moment, how many bites of food can you take?

Q: In the present only one,

A: Maybe more bites, but not so many. Why put more in your mouth than you can chew? Have some patience. You have time to eat anything you want, and everything you want. Just little by little, bit by bit. This is something that usually comes from anxiety. And it's related to kidneys, kidney energy. It means impatience. It means not being able to relax more and more into the present, be more relaxed in the present, be more comfortable with the present, expect and enjoy more and more the present and everything else will start to disappear because it's not relevant. Think about that you only live in the present. You don't live in the future; you don't live in the past. In fact, the future and the past are just illusions. There is only the present moment, always have and always will be. It's only the present. While live somewhere else that doesn't exist?

Q: Well, isn't conscious manifestation a way of living in the future?

A: No. You take responsibility for the present. Manifestation is done only from the present to the present. The delay is just the process, the effect because it's like an energy wave that you hold still, and you allow the reflection to adjust to that. Everything is in the present. Everything. There is nothing outside of the present, because the only thing that exists is the present. And this is

something physical actually. I can explain it more if you want to. And we only live in the present. We don't live in any other moment. Everything is only in the present.

Q: How do you know that what you believe is real and is not just your subjective thinking that makes you think you're right. Do you have to find some evidence to prove that your belief is right, or just go with the flow?

A: God always tells the truth. What you experience as reality, as physical reality is the reflection that God is. Do you observe something to be real? Then it's true. If you don't observe it, you only hear it, maybe it's not true. I mean, believing is seeing. I can give an example. It was believed that men cannot fly. That it's only something reserved for birds, angels and mythology, right? And right now we have experiences more and more that we are able to fly and in the future maybe we'll be able to levitate from mastering more and more energies of the universe. And I've seen examples of people levitating. I haven't done something like that myself, but I've seen and I heard about examples. Everyone knows the example of Jesus walking on water. So this is something that happens in physicality, if it happens in physicality, is true. Does it make sense? Do you have something else that you want to add? I mean, I sense that maybe there is something that you want to add to it.

Q: I was just thinking, if someone argues with you, how do you know that you are right and not him?

A: Okay. Well, it's all about understanding that each one has a perspective, and from their perspective, they can both be correct. They can both be correct, because it's like looking at the same thing from different views. We have even pictures that can portray an older woman or a young woman at the same time. You've seen those, right? Or you can look from a perspective that, you know, an object has four leg or three legs, or some you know. There are some examples like that, where you have a picture that contains two perspectives, depending on the angle that you look upon, you can see one thing or the other. The truth can be like that. But what is the ultimate perspective? Because there is only one truth, the holy truth is the ultimate truth. What is the one truth that contains all the other truths? So, many times, some person comes with the truth from one perspective and other person comes with a true from other perspective, and there is a greater truth that allows both perspectives and creates in that process a greater perspective. Well, yes, this is true from this perspective and this is true from this perspective, but there is another perspective that contains all those and contains even more truth, grander true.

Q: For now I don't have any other questions. If Andrei has any more, I'll let him say them.

A: So the exercise for today is to identify from one to three beliefs. Pick the ones that are the most important for you. Something that maybe you want to change about yourself and something that is relevant to the present. If you want to make more progress, because like I said, why be concerned with something that doesn't really exist, and that is only in our imagination, because it's not very practical. You can use imagination for better things than for inventing garbage, you know, we can create garbage with our vision, but why do that? Become aware of those beliefs that you want to change, maybe something about money, maybe something about love, maybe something about health, and understand that manifestation happens in the present. I think that's an important point. The results of manifestations are delayed, that's it. It's a reflection. But manifestation is only in the present. I mean, the result is like a feedback. When you have been given the feedback response that yes, the universe heard you, you are right. That's it. But you are creating manifestation and you are emitting a signal in the universe and the inner universe creates the outer universe; because God already gave us the power of creators. I mean, we're just preventing it on a deeper level ourselves from having access to it because we're a

bit afraid still. It's a way to preserve consistency in reality, but we have much greater power than we like to believe. So pick one, two or three beliefs that you prefer to change and look at them from perspectives, from emotions, from definitions, and choose what you prefer. I recommend something that is objective. But the ultimate truth is unconditional love and worthiness. So if you can think of something that yes, we deserve. Of course, it's best to get that thing from a perspective of integrity, with excitement, from a positive way. It's best to get to that than from a negative way, but of course, God loves us unconditionally. So whatever we consider it's good for us, it allows. Do you like my exercise?

Q: Oh, yes, I will try it. It's very interesting. I guess we'll elaborate on it more tomorrow.

A: Sure. Tomorrow we will talk about inner peace and accelerating manifestation. Okay, have a great day. All the best! Bye, bye!

Q: Bye. Have a good day.

