

Samyukti: Yoga & The Law of Attraction

1 ACKNOWLEDGEMENT

I present my gratitude and bow down to that eternal, pure, complete, omniscient, and omnipotent presence that pervades all that we see and do not see, and all that is.

I thank the universe for giving everyone the ability to change themselves and the power to realize that change in their external environment.

I thank my Guru and all the manifestations of the divine, for showing me light and guiding me toward realizing my true nature.

This book is dedicated to everyone who wants to discover, realize, and master the law of attraction through the science of yoga and mysticism, and also make progress in their spiritual journey along the way.

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3 A SHORT TRUE STORY

On a sunny day, a sage, seated cross-legged on a dark rock, was meditating under the scorching sun. His throat was dry, his body was cripplingly thin to a point it seemed all his ribs and organs were stacked in a thin bag of skin. Of course! Because he was following severe austerities for self-realization, he hadn't consumed anything for several weeks. Just a few moments before he was about to die from a heatstroke, an intention awoke within him. He caught a glimpse of something. A few moments passed – some snails, leaving their moist hides, started crawling all over his robe. 108 snails covered his head forming a crown of shells.

It is true that snail's body have natural moisturizers but the sage didn't know that. The sage was saved from death, but all 108 snails died from dehydration. This was no mere accident.

It was a force – a force that you have known but forgotten. The sage's name was Gautama Siddhartha. Now most commonly known as — the Buddha.

No life can evade this force because it is as rigid as gravity, as physical as existence and as massive as the universe itself... because IT IS THE UNIVERSE. This power is your birth right. This power is yours to keep no matter who you are, where you are or what you do with it. It is mechanical and is also the source of creation. In fact, creation is just a quality of this energy/shakti.

This book will unveil an entire universe worth of possibilities for you. Every practice is designed from the knowledge and geometry of the human body, divine knowledge and the universal consciousness.

Law of attraction is a law that governs what you are experiencing right now. Look at your surroundings, every single corner of this place is your creation! You may not and don't have to understand this now. If you have come across this law by accident or even through conscious effort, you are worthy to receive it because you already have received it. I have shared the secret with many people, but upon introspection, this law is very personal. Of course, I understand that it can be frightening to realize that one is already creating everything they desire or fear, for it does bring great responsibility on the individual. If you are reading this, you are worthy to master this law. From the ant taking a wrong route and ending up on your sleeve to that unknown force fulfilling your wish in the most uncertain way, even when you didn't think you manifested it right. None of it happened by accident. I believe you might have already noticed how crazy things happen when you start observing every event around you. It becomes so difficult to ignore how the universe brings up things on the most unexpected and uncertain times.

I have absolute faith in you, I will follow your every command, if you let me. Sometimes, I have to make you go through things that are painful to witness, so that in those very moments when you surrender to me ever so slightly, I find an opening to work through you because only during those times of surrender you open yourself up to me.

~THE UNIVERSE

The expression of this law can be seen in every atom. Look at the blades of grass. The rainy season comes every year to nourish and grow the trees who longed for expansion (Although, physical expansion is the only choice they can have). Any ecosystem in nature cannot function without this law at work. Humans wouldn't have created this huge establishment without this law at work.

This law states that everything expands through awareness. Even the awareness of empty space is a manifestation of this law. Gravity, which is a manifestation of Time-space always attracts.

This law is working on physical, psychological, vibrational and all other levels of creation. If you observe deeply, every person is longing for expansion. A person always wants a higher pay, a dog always wants more food, a camel always stores up extra fat in its hump. It is unfortunate that only we humans can know and choose between wanting something and having something. So, potentially we humans can already have everything we want, first in our minds and then in reality. In fact, to make this possibility more comprehensible, everything you want is already waiting for you on the other side of the door of your room. You just have to stop wanting and start receiving it.

Here, anything and everything is possible. You don't need to know how. You just need to know. The physical design and the energetic structure of this universe is built such that nothing is impossible,

but only the things that are outside the domain of our own minds. This is because something that is coming from nowhere and build out of nothing, cannot be a certain way. You can consciously decide what you want.

HOW TO GET THE MOST OUT OF THIS BOOK?

I have prepared this book for those who seek to master and fully apply the principles of the law of attraction “the science of creation” in every aspect of their lives. Each part of this book explores one aspect to understand, first, and apply the law to its fullest. All the aspects are just as important as any other. These aspects are simple ways that can take you on a journey and not simply give out the methods, which is why I’ve decided to release this book mainly to implant the truth in your mind, rather than inspiring you through positive talks, although you’ll find them here and there. Give yourself some time while working with each chapter, do not try to understand everything at once because that might create too much psychological friction. This “one step at a time” methodology is essential to gain mastery! Just upon mastering one aspect of LOA you may see dramatic results in the application, but it also depends on the state of your chitta. The book is mainly focused on the following aspects:

The body (Includes every subtle aspect of how you must conduct your body to prepare it and turn it into the divine avatar of God/creation)

Mind and emotion (Gaining control over mental patterns. How to organize your mind and turn it into an instrument for manifestation)

Consciousness (Understanding energy systems)

Before we dig in...

Every little material possession that you have is a figment of “energy”. If we want to manifest the things we desire, it becomes essential to understand the fundamental nature of energy and how it is transformed.

To understand energy, we must learn what it is, fundamentally. There are different subtle forms of energies that we experience in our day-to-day life. We can say that, everything that we experience as an individual is energy. These things include the cup you drink your coffee in, your body, your thoughts, emotional involvement in something, everything. These things are different manifestations of energy. In different scriptures this energy is called by different names. Some call it shakti, some call it kundalini, some call it chi or qi etc.

In an inclusive sense, even quantum mechanics say everything is energy, vibrating at a very high rate. The property of an atom is determined by how fast these energy vibrations are. This is the physical aspect of energy that we can experience through the 5 senses, but energy is not limited to just physical forms.

A desire is also a form of energy. A desire is like a machine that’s built to transform one form of energy into another. For example, you eat food as energy, once the food is assimilated into the body, and your survival needs are met, you take action toward what you want, visualize the outcome and manifest it. This process is only possible because you had a desire.

The problem with many people is, they either continue to sow similar seeds several times and wait for one to spur (explained later), or they perish the seed through negating thoughts.

One must learn to nourish the seed. Nourishment of the seed needs some form of energy (through physical or mental action). Now, is it necessary that you MUST take physical action? No! But you

shouldn't resist taking physical action, either. You know, the law of attraction is not for lazy people. So, if you know the steps, and you KNOW where those steps will take you, take ACTION!

Energy has no intentions or desires of its own, it is pure consciousness that gives form to energy. Your failure or, hell, even the pebble sitting next to you can direct you towards the fulfilment of your desires because they are also a form of energy (physical in the 3D, and mental as a projection in your mind).

The pure consciousness in contemporary times can be termed as "pure being", time-space or the fabric of this universe. This consciousness carries energy and give it a certain form. If you have lots of energy and you don't direct it anywhere, you will cause psychological and even physical ailments in your body. This happens because the mind and body would move from inertia. Actually, this whole book would only help you raise your energy and then channelize it toward what you want.

Different states of energy have different potential for transformation. On the physical plane, for example, we cannot transform water into fire (Although they're both energy). But we can transform fuel into fire, and ultimately, into carbon.

Similarly, on the mental plane, let's say, you have a desire to earn 20 bucks today. This desire is one form of energy.

Let's say, you have a desire to earn 20 bucks by selling leftover potatoes. Now, potatoes are a different form of energy, and the idea to exchange potatoes for money is a more refined or crystallized version of energy. The more you think about the next step to earn 20 bucks by selling potatoes, the more you nourish the seed (or desire). So, every consecutive thought is, in a way, nourishing the seed as long as you focus on the end result of what you want.

However, "trying to earn 20 bucks" after nourishing one seed, gets you back to point zero because that was your first thought. You will continue to do the activity of "trying to sell potatoes" because you've built a loop of getting back to point zero. This is the reason why you must put energies in the right direction and keep it steady.

So, if you manifest the energy and dwell in the end result of your visualization of already having 20 bucks, STEADILY. You don't have to think about how to get it because you already have it. Now, those 20 bucks will manifest. This is the reason why experts say that you must dwell in the end results of your manifestation. When you want to master this power, clarity becomes essential to see where you are and where you want to go.

Clarity comes from observation, not analysis. Clarity is when you start to watch your thought patterns and see where they are going without getting involved in them. This process of thought observation tells you where you actually are, on your journey. The thoughts that you are having right now, are also a form of manifested energy. Energy expands over time which means a focused mind is more powerful than a mind that goes in all directions.

You might know that visualizing your desires before you go to sleep and right after waking up is the best practice to influence the subconscious mind. This happens because during the time of sleep, when awareness is minimal (it is not absent, just unnoticeable), a lot of subtle energy is developed inside the mind and the last thought you had before drifting off gains inertia. And this directs one's energy toward having everything he desires.

Now, can you imagine what results, having a mind with full awareness, visualizing the end result, and then, going absolutely silent, would create. This is the purpose of meditation (or Dhyana/absorption).

When you meditate, a lot of inertia is created, and that energy transforms itself into its physical equivalent. This powerful technique will be discussed in great depth in later chapters! So, this part sums up the importance of meditation, and how you can manifest anything you want through it. But you cannot tap into meditation without taking care of certain things. People often think meditation and spirituality is not related to food and our environment. I assure you; meditation/spirituality is 50% food (Satvic-ahaar), and 50% consciousness-environment or Chitta. Without proper food and the right chitta, you WILL NOT SETTLE! And if you cannot meditate, you cannot use meditation to manifest what you want.

What is Chitta or consciousness-environment? Chitta is the environment of your soul, which means everything in your observation, including your physical surrounding, bodily sensations, thoughts (projections of mind), emotions, subtle body, causal body, soul consciousness and the ultimate divine consciousness (or God head). It is basically the experience of your life.

Becoming Meditative

You might have noticed that when you eat too much you feel lethargic, your body expands from places you don't want and, for some, the mind goes into guilt, grief, feels agitated and groggy.

All the things that you are suffering in the moment can be directed towards your success through consciousness. Manifested energy (Food and Chitta) cannot be neglected or discarded; it can only be transformed.

Do you know why humans are the most powerful creatures on the planet? Because we are conscious BEINGS. You know, consciousness is the only thing that gives form to energy.

Let's imagine a universe without time-space. Time-space is the fabric of our universe. This fabric causes our universe to happen. Without this fabric, energy will exist as infinite. Formlessly prevailing through everything or nothing. Similarly, we humans have the capability to give form to energy. The more conscious we become, the more precise this form gets and the more powerful our manifestations become.

So, in order to energize our manifestations. We must focus on these two aspects.

1. Raising the energy in our body
2. Raising consciousness.

Both of these things are possible through eating the right foods (that raise energy in the body) and practicing classical yoga (develops control and integrity over energy). Be aware that classical yoga is different from western yoga. Classical yoga is a method through which you allow the universe to function through you. In a way, you are allowing the universe to take over your body and work with you. The fundamental meaning of yoga is union, which means becoming one with the universe or infinite intelligence. This state of being is also considered as coherence, Samyukti, or absolute absorption. There are certain poses that one must do in the right sequence, to experience it.

Where does absolute absorption happen?

Absolute absorption means dissolving in infinity or pure consciousness or infinite intelligence. One must experience this state before comprehending it to its fullest degree. The last thought before

tapping into this state that occurred in your mind will manifest into 3D. These yogic poses will silent your scattered mind and give you an opportunity to produce laser focused thoughts for a time period. This means your emotional involvement and thoughts (Energies) will get laser focused at the thing you do want in your life. Once this is achieved there is no barrier to what you can manifest.

However, it is necessary to know what you want and remain focused on just one thing at a time. So, you must know or write somewhere, whatever you want before beginning the practice. Also, you must not have any food in your digestive system during the practice. This is essential. There are some rules that you must follow to not sabotage energy when practicing yoga, which is a form of delicate energy work.

In yoga, even subtle things must be handled properly otherwise you'd be directing your thought missiles in the wrong direction (If not consciously, then on a subconscious level.)

Here are some rules that you must follow before practicing classical yoga: (NEVER COMPROMISE ON THESE)

Digestive tracts must be clean and empty.

Physical purity is a must (Extraordinary hygiene).

Light and loose cloths.

Let's go over each one of these separately, every little thing matters when you are playing with subtle and physical energies and other dimensions of the universe (body, thoughts, emotion and consciousness).

The foods we eat create friction in our body. Anything that is put inside the digestive track creates friction. The question is, to what extent? This friction affects our thoughts, emotions and energies. These rules are crucial because they help remove all the things that bring your energies down. The friction, stiffness, the material of cloth, everything effects your thoughts, emotions and energies. Just that this effect is so subtle that it is often ignored by a loud mind.

Mystics like Patanjali, swami Vivekananda, Agastya Muni and other geniuses bestowed this knowledge upon us. It's time we put these things into practice and benefit from them.

Physical purity (absolute hygiene).

As I said, every subtle aspect matters when we are working with energies. Purity is essential to keep the mind in a positive state or high vibration. If you ever have, you know how it feels on the day when you didn't take a shower compared to the day you took a shower and went to work. There is a subtle difference in how you feel. Have you noticed it?

Not just showering but cleaning yourself in the right way with the right things is essential. The process of cleaning yourself off of negative energy is called Bhuta-shuddhi.

To wash off the lower frequencies from you and put you in a higher frequency, using just soap, facewash and shampoo is enough (if they not made from animal fat). These things surely clean your physical body but don't clean your energy body. Fortunately, salt is a feasible energy absorbent. Salt absorbs the energy of its environment, which is why it is used in many homes as crystal lamps (I don't recommend buying salt lamps). You can use 1/3 cup of salt every once in a while, to bath or if you live near a beach, sea salt would do the job too. Just remember that use a place that is not populated with people. Salt surely is a great aid to feel higher vibration, but not essential. We must use every possible thing to raise our vibration in the moment. Even if you put some salt next to you, it naturally absorbs your energy.

You must fold your cloths properly and wear well-cleaned cloths before yoga. Keep your environment clean and simple, not cluttery. If possible, try to make the environment look as beautiful and organized as you can. Light a candle, play a positive background music. Not party, alcoholic, drug music. Play something light or jolly like instrumental or classical. It is all about feeling good to your core. You know that you have a choice over how you feel all day. Be happy, be grateful and joyful, no matter what you do. If someone makes you feel lower than your high, do not indulge with them.

When you become sensitive to energies around you, you want to keep everything in order. You realize that every little thing, from the TV show you watched last night to the color of cup you drank your coffee in, everything affects you in some way.

First, we'll understand the basics and fundamentals of the creation, then we'll go into yogic poses, that'll help you become the master of co-creation.

4 THE PLAY OF CREATION

Everything is law of attraction! Watching and dropping the complicated games of ego.

The play of creation is simple and straight forward. Everything that you have manifested up until now has come to you with no effort. Once you start to put effort into something, you tell the universe that you are not where you want to be. This creates friction in your manifestation.

We will go over several aspects of manifestation in great depth in the subsequent chapters, but to build something the way we want, we need a strong foundation to support it. This chapter will be a strong foundation, which will make you crystal clear about what the law of attraction is and how manifestation works.

A common mistake almost every practitioner makes is that they try to outsmart the universe. Just by deciding to believe in something for a while and visualizing something doesn't ALWAYS make that thing immediately true or manifest into reality. You might have noticed that sometimes the things you're visualizing aren't exactly coming to you the way you want them. For example, seeing someone getting the things you were manifesting, or anything along those lines.

Your visualizations will manifest only when you are ready to receive (expecting) the thing you have visualized,

And when you've done it with the right mental state (or Vritti in Hindi).

Consciousness is effortless. Consciousness seeps into anything and everything you think and visualize. If the visualization is juicy (meaning, filled with positive emotions) then that is what engages and forms your energies to manifest into reality. Energy always moves into form through pure awareness.

If you look back in hindsight and observe your thoughts throughout the day. You will notice that 90 percent of your thoughts do not align with what you have desired. Only the 10 percent that you spent on your visualization was seen and depending upon the engagement of the subconscious mind the energies align in that direction.

So, if you can't feel how it would be to have the car you wish you had, you wouldn't have it. There is another important aspect that the one trying to "manifest something" will never manifest it, because it is ego. Ego can never have something because it is the opposite of having. Ego takes, it

cannot receive. Ego gives thanks to take, which isn't receiving but snatching from the universe. It doesn't work like that. Ego may show gratitude in order to receive, but deep down, that gratification is a manifestation of greed. So, how do we fix ego stopping us from manifesting everything we desire? It is SIMPLE.

The reason why this book manifested effortlessly is because it was written with the right desire: the devotion for God to read it, and not for personal benefit. So, even if you have material desires and emotions for personal fulfilment, ignore them, and devote your activities to the universe or God. This is Karma Yoga. It will help raise your vibrations to an extraordinary level, and give you divine a divine eye.

Stop focusing on things you want and start thanking for things you already have. A great and simple exercise is to write down 100 things you are grateful for. If you write down 100 things, 100 more things will come to you. If you write 10000 things you are grateful for, 10000 more things will come to you. You just have to be genuinely grateful for those things.

These things can be the air you breathe, the clean nostrils that let you breathe smoothly, being grateful that you have no disability, if you do have, then being grateful that it isn't worse than what it is. Being grateful for having a shelter over your head and many more.

You want to feel grateful for the air you breathe?

Shut your nostrils with your fingers for a minute and desperately try to breathe. Now open them and see how smoothly you will breathe. Let's begin by being grateful for 10 things that almost everyone has.

Be grateful for the air you breathe.

Be grateful for the food you eat. Wild animals don't have this comfort. If you want to feel this, do a 24 hour fast. You will enjoy the food more than you normally do, not because the food is tastier, but because you are grateful for it, because you had a strong desire to eat. You only feel gratitude when you get something that you have desired for. You cannot show gratitude towards something that you already have. This means if you subconsciously program yourself into believing that you don't want what you are trying to manifest. It will manifest. Or you can show gratitude for already having it and thus manifesting it in your reality. Show gratitude for already having what you desired for. Or show no gratitude because you already have it (or totally abandon that desire and it will manifest).

Be grateful for the life you carry within you.

Be grateful for the education you have had up till now.

Be grateful for having hot water available for baths

Be grateful for having cloths on you.

Be grateful for having the knowledge which can create anything you want in your life.

Be grateful for having the comfort and security.

Be grateful for having friends and staying connected to everyone during the times of pandemic.

Be grateful that you are healthy and alive.

Gratitude and thankfulness are the greatest emotions to receive what you are manifesting. Every manifestation is followed by gratitude and high vibrations. If you are grateful before your desires have manifested, you are just a few steps away from manifesting what you desired for. All manifestations are the result of absolute involvement in a visualization. Absolute involvement means you get absorbed in your imagination so much that the external world disappears for you. It doesn't actually disappear, but you mind is engaged in a potential reality so much that it doesn't

want to look anywhere else but that which is being visualized. So, if you are trying to manifest something that is not really desirable to the mind, the manifestation would be weak and nothing extraordinary will happen.

So, how do we develop a strong desire to have something. Everything depends on where your goals are. If you like to impress others and want to get the feeling of importance from them, which is also the sole reason you are trying to manifest something, you may not manifest the thing that you visualized but manifest “people being impressed by you”.

Why?

Because you don't want a fancy car or a huge house. You just want to “feel important”.

Know exactly what you want.

So, Can I manifest what I am visualizing? Yes, you have to know how you'd feel if the material of your visualization has manifested outside your room door NOW.

This is a great exercise for everyone. Close the door of your room and imagine that everything you want to visualize is on the other side of the door. See how you feel. Don't go outside, just sit still and imagine how it would feel if everything outside the room is ready to be received. Imagine the car you have always wanted already parked outside your house. Imagine the money you earned already laying inside the drawer. Expect it to be there, kept a certain way, when you open the drawer and see. Slowly as time goes by if you continue to visualize this, you will start to lose track of real world and become lost in the world of your imagination. This state of absorption is called “The flow” state by many athletes. This is when co-creation happens.

Another important aspect that we must discuss is the nature of the mind. The nature of mind is such that wherever you direct it, it will only go forward, never backwards. So, if I ask you to stop thinking about apples, just a suggestion to not to think about apples would bring apples to your mind. You cannot resist thoughts. The thoughts will only go where they want to go. Or in a way we can say, thoughts have no control over themselves. It is the awareness that can choose to see a certain type of thought or not.

With such a nature of the mind. Doubts and anxiety are natural. If you want to have anxiety you will have anxiety. If you don't want to have anxiety you will have even more anxiety. So, this issue can only be resolved by not giving energy to “anxiety”. If you don't care whether you have anxiety or don't have anxiety. It will disappear. You can't think about apples when you're occupied by trying not to think about mangoes. A poor example indeed but you get the point. Mind doesn't have a choice because that's the nature of everything. EVERYTHING EXPANDS. If you are feeding something with your awareness, it is expanding. If you are thinking about something you want, that thing is expanding in your mind and soon will come to you when you are ready for it. Law of attraction is that simple. It is the ego that make things complicated.

Astonishing Quality of Awareness

Have you ever noticed that when you meditate or concentrate at a given spot on your body (like between your eyebrows), that part of your body starts twitching? This is because wherever you put your awareness, that spot starts gathering energy. Energy is attracted towards awareness. And if you use your awareness violently at a particular spot on your body, that spot will “physically” grow older.

The same goes for thoughts and emotions, feeding them with your awareness means you are growing them. If you can become the plant sitting beside you, it will actually grow faster because

you are giving it energy through your awareness. Energy can only move into form through awareness, or consciousness to be more accurate. Awareness and consciousness are mostly understood as the same thing, so I have used them interchangeably.

Ego (or your identity) will question, worry and resist.

What if I fail? Does it really happen? What if I can't think about it? Why is my imagination so poor? All of these resistances are created by the mind, they can only be erased by the mind.

How to erase them?

Stop thinking about the problems and start thinking about what you do want. You already know that you are just one thought away from having a bad mood. You are also one thought away from receiving everything you every wanted. Another important aspect to be discussed are the results. If you don't see the results, the ego quickly catches on and says, when, how, WHY? Ego is a really sneaky player. It is extremely naïve and wants to not have anything just because it is scared of receiving and not taking. For the ego, manifestation just means taking everything it wants from the universe as soon as possible. Ego can never receive, because if it ever does, it won't be able to claim absolute authority over it. This means emotions of surrender and thankfulness are important emotions to manifest everything you desire. Ego can never have; it can only want. There is only one difference between having a desire and wanting something. It is greed.

5 NOT JUST LIVING IT IN THE NOW

Exploring deeper realms and possibilities. Seeing the Law of attraction.

A mind without stillness is like a pond with too many ripples. Consciousness is like a person gazing at their own reflection in the pond. If you throw pebbles in the pond, your face totally disappears and all you see is ripples. Most people have brought themselves to believe that those ripples are who they are. Only when those ripples quiet down but the sense of self remains, one realizes that they're is not the ripples, but the one watching them. And when you (the observer) are able to see who/what you are, you are also able to change what you see (your desired reality).

You will experience this after the yogic exercises mentioned in the subsequent chapters.

What does Samyukti Mean?

Samyukti means coherence. Many call this with different names, Napoleon hill called it infinite intelligence. In the law of attraction community many call this "the vortex", coherence, the soul etc, but essentially, they are all talking about the same thing. This state of mind is called... well I call it samyukti which is just another name for coherence. This is something that can only be obtained by a mind that is not clung to anything but awareness.

If you believe you are the mind, your awareness will cling to the mind and you'll only see your mind AND NOTHING ELSE. You might believe that you are looking at the world around you, but actually, you are just looking at the projections of your own mind through the 5 senses and your psyche. If your awareness is clung to something, that thing will become your living reality and everything else will be seen from the lens of that one thing. The mind is a small manifestation of creation, watching things through mind can only show you some things. Not everything.

If you have identified your awareness with your mind, the only thing you'll witness will be a memory of the past or an imagination of a potential future. See for yourself now, are you the jargon of the mind or the one watching the jargon happen?

There is another part in the mind (not brain) which is unsolicited. That part is not a part of the mind, not a by-product of the mind and neither influenced by the mind or any physical structure whatsoever. That part is called consciousness. Consciousness is not a survival mechanism that has been implanted into us for the sake of our safety. Contemporary science may call it an anomaly because it serves no purpose throughout the evolution of life on Earth. It's just present for no reason. The observer that watches over everything your body manifests in the form of thoughts, emotions, and sensory perception.

This consciousness is present everywhere and prevails through everything. It is an expression of expansion.

Why We Don't Remember all of Our Dreams?

Awareness is just one little aspect of consciousness, actually. You lose awareness of the 5 senses when you fall asleep, but something still remains. That thing isn't attached to the memory, which is why your memory have no trace of it when you wake up, but we can still talk about it because there is something in you that connects the energy with consciousness. That entity which is a mix of consciousness and subtle energy is called the "subtle body".

Consider this idea. Suck your thumb (don't actually have to do it, but it would be great to follow along as you go). Now while sucking your thumb, see where you are. When you suck your thumb, are you the thumb? Thumb is "your" body. Are you the mouth creating suction? The mouth is also a part of "your" body. Are you the space or vacuum created from the suction? That vacuum is "awareness". Then what is sucking? It is an activity which is analogous to life. You can say sucking is the experience of life. It is not you; it is what you are experiencing as a being.

What is experiencing life?

The space. The space is aware. This activity may potentially give you a glimpse of enlightenment. In this creation, everything is continuous. Existence and non-existence are no discrete entities. Existence can prevail in different subtle forms with a slight mix of non-existence. Actually, there is no such thing as non-existence.

There is a duality to this creation. One is pure consciousness and the other is energy, as you might have already concluded. These 2 are not the absolutes of creation. They can blend together and create infinite blends just like how the blend of black and white can create infinite shades of grey. However, you cannot draw a line between where consciousness ends and energy begins.

Subtle body is that which has a faint scent of energy, yet direct contact with absolute consciousness; a place of samyukti where nothing is impossible. Subtle body is the only thing that acts as a bridge between absolute energy and consciousness.

Absolute energy cannot witness anything because it's not conscious. Absolute consciousness cannot witness anything but itself because it can only BE conscious. It is already quite difficult to articulate in words but these two entities are paradoxically working in harmony with one another, being independent of each other and also causing the other to happen the way they are happening in the fabric of creation. In layman's terms we can call it infinity.

Now, the question is how do we access it?

You don't have to access absolute consciousness to fulfil your desires, you can definitely practice the law of attraction to manifest what you desire... But if you're seeking ultimate mastery over the law of attraction, staying detached from all energy becomes essential.

Samyukti is when your mind is absolutely soaked in absolute consciousness with no influence from any form of energy. In Samyukti/coherence, you see energy as it is.

When awareness becomes pure and detached from any form of energy, it loses the self and drops the false screen of control, because awareness can never control. It can only allow. This absolute consciousness is infinitely intelligent, infinitely conscious of every single corner of this creation. It is what makes non-existent existent and energy manifest the way it is. This is the place where everything in the universe is known.

In my book "The secret path to supernatural", I've made mention of imaginary beings to indirectly help you access subtler realms of reality, subconsciously. There are certainly things beyond the conscious, subconscious and the physical.

Don't assume physical to come out as a discrete experience of life. It is not true because reality's nature is continuous, not discrete. If you are not sure about this you can easily prove it to yourself by soaking yourself into pure consciousness. There are different levels to existence – from nothing to something. In other words, "physical" reality is not absolute. It is just one end of the absolute.

Let's Go Over the Practical Steps to Attain Samyukti

Firstly, we will remove all the false identities that we have taken. These identities are the obstacles between you and Samyukti. When we think we are a smart person, poor person, genius guy, rich person, happy family guy, a pro gamer, a shy introvert, an extrovert or a social guy, we blind ourselves with lies, and this takes away our power.

The things that the mind recognizes itself with, it tries to protect them at all cost because it believes that losing these identities would result in death. A simple practical way to release all identities is by writing down about yourself on a sheet of paper; the things you like, the things you hate, the places and people you admire, the things you want, the person you aspire to become. Write a biography on yourself. Now, look at each one of the identities that your mind has taken.

However, the subconscious mind is far superior than the conscious mind because it encapsulates the conscious mind. So, just by putting conscious effort into thinking and saying to yourself that you are not the identities will not work. You must regularly read out the paper and actively repeat to yourself that those things are not you, but even that is not enough, so I'll give you a potent guided visualization technique (called the black bull technique), which will release the false sense of self and immediately tap you into samyukti, in a subsequent chapter.

The techniques must be followed exactly how they are mentioned in the book, because it is very potent. Which means it can rock your world or cause psychosis just as readily. If a shuttle rocket's launch is miscalculated even by a millimetre, over long distances, it's direction would change so drastically that it might as well miss the moon by a thousand kilometres if not more (Unless the rocket is guided by thrusters or supervisors). The entire book is guided towards success in gaining absolute samyukti.

Phantom Limb and Pure Consciousness-experience

Keeping that aside. As the mention has been made of the subtle body, there is a part of subtle body called the energy or pranic body. This pranic body comprises of what you perceive and what you

have the capability to perceive but some dimensions of perception are dormant. The energy body detects other energies by looking at the shift they made within itself. This energy body has “virtual limbs” some of which are not inside the physical body. You may or may not be able to feel them because the energy is too subtle to be felt, but let’s say if you try to feel that there’s an antenna on the tip of your head, you’d call it absurd. There is. Try to build a phantom limb on the tip of your head and feel a touch on the tip of that limb. If you do this, you will get a faint sense of ecstasy. Have you seen yogis keeping their hair long tied like an antenna?

Upon bringing your energies to this phantom limb your frequencies will rise up extraordinarily high and you’ll become ecstatic. You’ll feel an intense pull, as if your life energies are forcefully being pulled out through that antenna. The mind will become so silent that it will move its attention from the 5 senses to awareness itself. It would feel so silent that you’d believe that your mind has gone numb. Maybe as you read this, you can imagine how you’d feel. Energy is not just physical in nature. It is psychological, non-physical and metaphysical. There are so many blends of energy and consciousness that if you open your mind to the possibility of non-physical beings walking and moving in front of you, some walking through you, some doing their daily chores in their own reality, you would not believe it. A tree is energy, an idea is energy, thought is energy, emotion is energy, awareness is energy, a dream is energy, a goal is energy, a shape is energy, a geometry is a dimension of energy, everything that you have perceived till now is energy. The forms and expressions of energy may be different but fundamentally everything is energy. The most fundamental material of creation and duality is energy. From its most rigid form (physicality of things) to its most subtle form, to the extent that it disappears into pure consciousness (which is the subtlest form of energy or the “zero” of energy) everything is just a certain form of energy. There is no such thing as nothing. There is something everywhere, something that prevails in every atom and even in empty space, something that make things ... things. That is consciousness. But there are things that are conscious and energetic, not just human beings but things that are non-physical and subtler. It is unnecessary but gaining their aid in manifestation can really give you a huge boost. These things are all around you and their vibrations depend upon your own vibrations. It might take a lot of effort to develop the ability to see them and also that not all of them are beautiful looking, some are good but terrifying and fierce. For example, some have a human body and a dog face, some are half white and half black, some have a face that wouldn’t even fit through the door of your room, one has an elephant face and a human body.

We don’t want to mess with all of them. They are all manifestations of the human mind. A physical being can create or give birth to any sort of entity because a human is working with creation on every level. From the most rigid to its subtlest form. As I mentioned earlier physical hygiene is essential but you must also have mental hygiene and emotional hygiene, If your mind is dwelling in lower vibrations you will not feel anything magical working in your favour. Another important factor that affects our vibrations is smell. Smell effect our thoughts and emotions so much that it is necessary to discuss this possibility. If you cook popcorn. Its smell would make you want to go out for movies. If you burn an incense stick, you’ll naturally become happier and have jolly thoughts. If you ever feel like your family situations aren’t coherent or any of your family member is depressed or in low vibration. Try burning a few incense sticks or some jasmine oil and see how they’ll glow up for a while. Smell is ridiculously influential to our thought process. A faint smell of gutter can spoil your mood quickly. If your house is smelly, it is certain that your vibrations are smelly too. Remember that not all good smells are very high in vibrations. Try using oils and incense sticks rather than hiding or suppressing bad smells using air fresheners. Keep everything around you in order and maintain hygiene. If your environment is smelly, it is certain that your vibrations are smelly too.

6 YOGA & MANIFESTATION

Physical exercises to become a superconductor of the law of attraction.

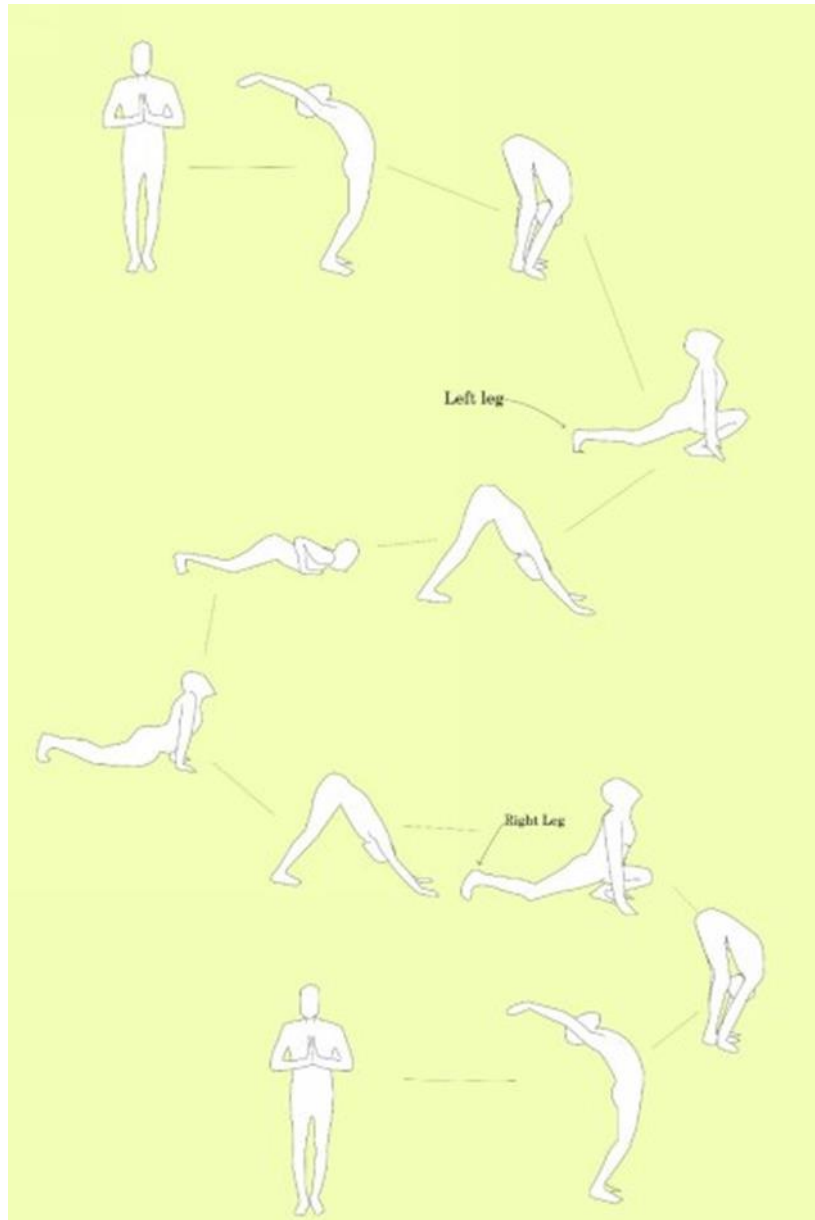
One yoga session can take anywhere from 15 minutes to an hour, but at the end of the session you will tap into a state called Shoonya (or nothingness) where you will experience reality as a witness. Whatever is visualized and shown to the witness during this time will manifest in your reality. Let's go over the main yogic poses first.

Follow the poses shown in the figures in the right order. This chapter will make you course through some exercises. Just breeze through this chapter and proceed onto the next. You can follow the exercises mentioned in this chapter the next morning. The best time to do these so that all three of these rules are met would be in the morning. If you believe that these poses are difficult to remember or follow through the book, there are many youtube follow along videos that you can watch as you do these. Remember that you must do all of these with absolute fluidity and stillness.

Remember that you should go only as far as your body can, don't overstretch yourself otherwise the exercise won't give the desired results. As I said earlier, the 3 essential rules that you must follow before doing any yogic practice is:

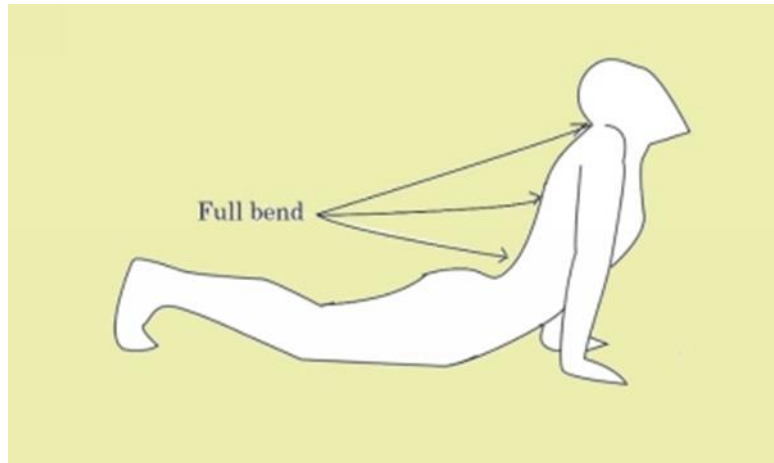
It is essential to do these poses with absolute ease. Think of yourself like a fluid. Become the poses you make. Create slight tension, but don't suffer or cause fatigue on any pose. Doing these poses makes you as fluid as consciousness. Focus and be mindful of all the poses you are making. This is essential to tap into the flow state. Once you are in flow state, you wouldn't want to stop and when every little thing you visualized start to manifest, you'll never stop practicing these poses every morning.

The Poses



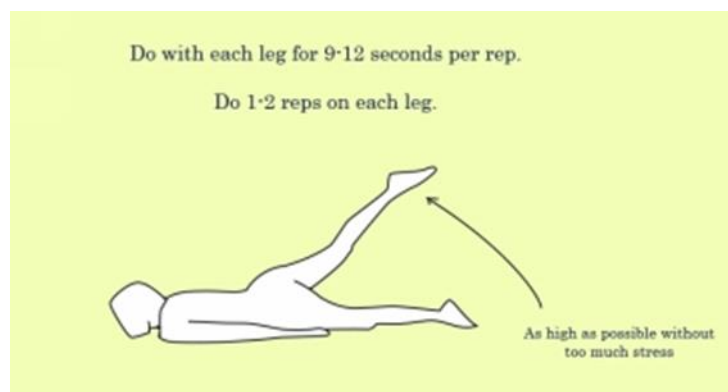
So, this process begins with sun salutation or “Soorya namaskar” which is shown in the image below. One rep of every pose must be around 25 to 45 seconds or maybe even more. You can do 3 – 9 reps of these and move onto the next exercise (9 reps are ideal). After finishing every exercise, you must lie down and rest for a minute or half and then proceed on to the next one. This is not a workout, so don’t try to burn fat through it. First image includes 1st set of exercises.

After completing this exercise. Proceed onto the cobra pose “Bhujangasana” which is shown in the next image.

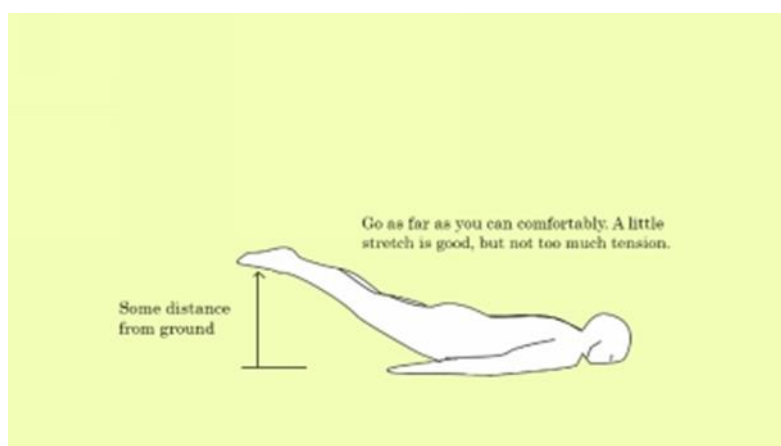


Do a few reps of this. Be steady and slow, you can keep your eyes closed to observe your movements and become more conscious of them. This exercise is followed by half locust and full locust pose.

Half locust is shown below. When lifting your legs up hold your breath. Do this exercise with both the legs and then proceed onto the full locust.

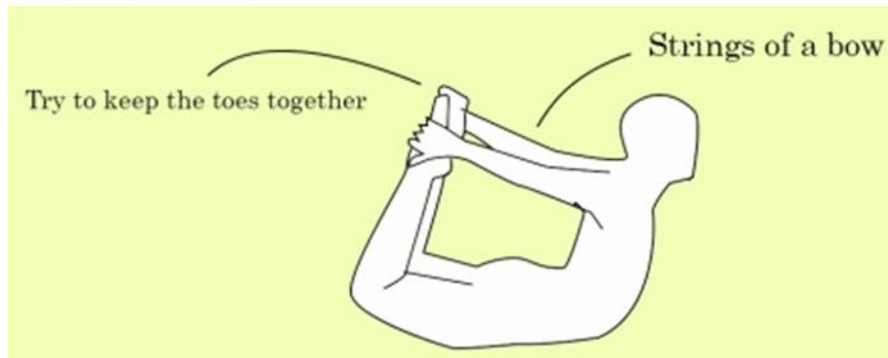


Full locust is where you put both of your legs up high and do that for 9-12 seconds per rep. 2 reps of full locust would be enough. Full locust pose is shown below.



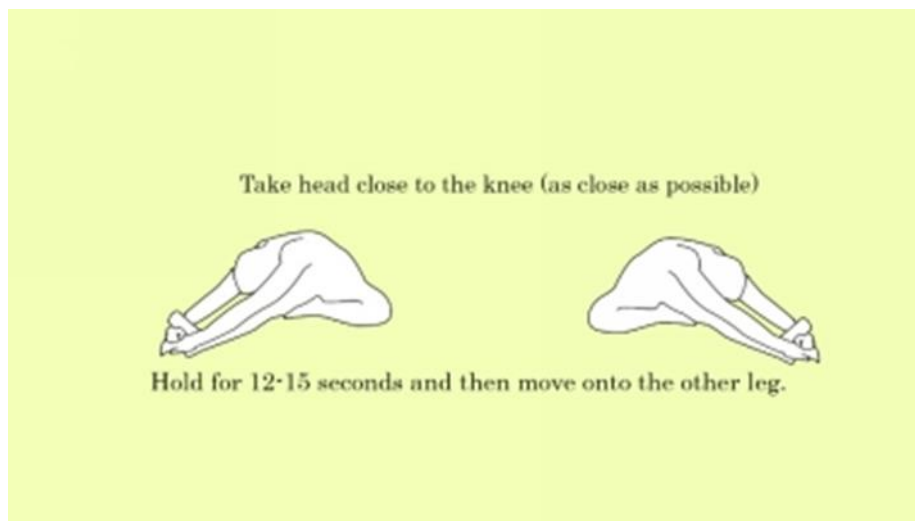
After finishing these 2 poses, a little difficult and an optional pose called Bow pose (also called “Dhanurasana”). If you believe you can do this then proceed and try it. If you feel pain while doing this, stop immediately and move onto the next one. Here we will become like a bow, where our

arms would become like a string holding the bow intact. The pose is shown as follows. You can do this pose for 6 to 12 seconds per rep. 1-2 reps in total.

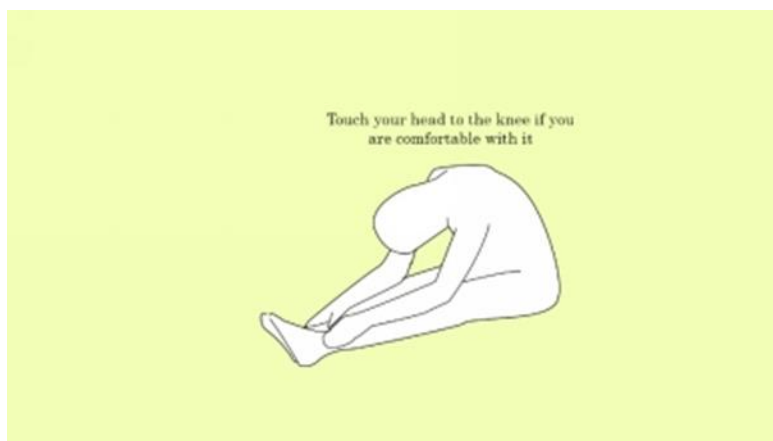


Once all of these are done. You are done with 2nd set of exercises. Bow pose is slightly difficult than the others, so you can rest for a few minutes. 2nd set included poses with backward spinal movements.

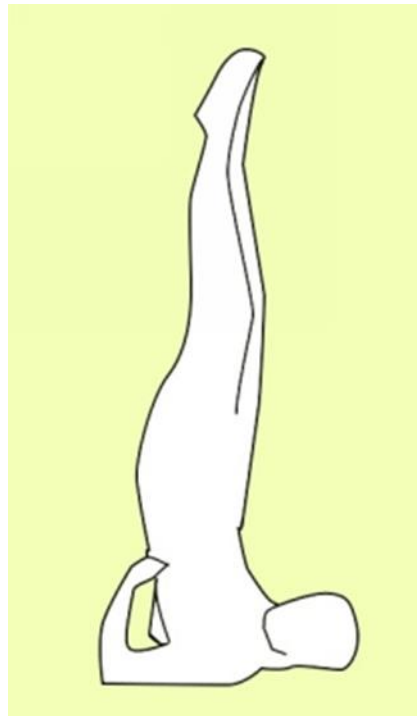
Now the 3rd set will include poses with forward spinal movements. Let's begin with "Janushirasana" (which means Head to knee pose). Hold this pose for 12-15 seconds. 1-2 reps for each leg.



Once done, do the same with both of your legs open facing forward. This pose is called "Pashchimotanasana".



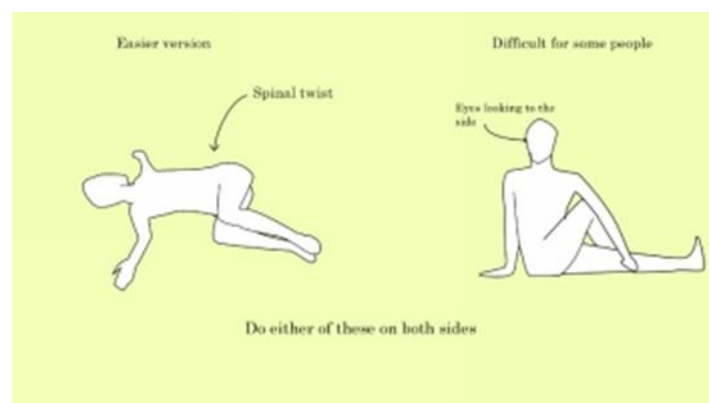
After finishing this pose, relax for a while. Relaxing after every pose is essential, so that you can do the next pose in a relaxed way. Next, we head on to shoulder stand which is as shown below.



Shoulder stand is one of the difficult poses for some people. However younger people can do it with ease! Here you take support from your elbows to stay straight. You can do this for 1 minute or even 5 minutes if you want. Just remember not to swallow in the pose. If you think you can't do this pose, it is fine. You can move onto the next one. Safety first, evolution second! And doing all the poses you can, will bring in the state of Shoonya anyway because we already energized the body with the 1st set of poses. These are just reinforcements.

Once this pose is completed. You can proceed onto Pawan-mukhta asana that helps energize all the chakras together.

With these done we are completely done with the forward spinal bends and now we will proceed onto the spinal twist.



This is the final exercise after which you must simply lie down, relax, and focus on your breath. As you stay laid on the ground, proceed to the mental exercise. Become mindful of your entire body, starting from the bottom. Tense up each muscle group for 3-4 seconds and relax them immediately,

as if the muscles have suddenly turned into water. Begin from your feet, moving up one by one in this order:

Feet – calf muscles – thighs – hips – abdomen and abs – chest, shoulders, and upper back – arms – neck – face and eyes.

If you feel tension in any area of the body, visualize your mind sending a signal to relax that area. Take deep breaths, and as you breathe out, visualize your mind sending calming signals to your entire body. Your mind will become like a silent pond. You will see everything as an observer, simply witnessing the breath going in and out. The distance between breathing in and breathing out will increase.

This will take you into a thoughtless state. A distance will be created between you and your mind. You will realize that you are not the mind, not your breath; you are the one who observes these things. Now, watch or visualize your intention and witness the joy and bliss you feel now that you have realized your desire. When you do this, always focus on the end result. Things will become easier to visualize, but negating thoughts may arise because we have only stretched our body and not the mind. The mind has tendencies to go overboard with jargon. So now we will begin another form of yogic exercise called pranayama. Prana-ayama means the realm of life force.

Breath has a deep connection with our life energies. If you work at a hospital and have seen people die often, you'd have noticed that whenever someone dies, they breathe out in relaxation. Scientifically, our diaphragm relaxes. But our breath is also the food of our subtle body. If you hold your breath and see, you'll notice tension in your mind.

If your breath naturally becomes slow, you'll be able to see things you couldn't see before. This is because the breath also governs brain activity. If your breath becomes so subtle that you don't sense the difference between breathing in and breathing out, you will stop aging. Although that is not our goal, it is possible. To make the breath subtler and subtler, we will perform three major breathing exercises. You must sit in a cross-legged posture. If you cannot sit in a cross-legged posture, use a chair. Let's go over each exercise one by one. Try to do each exercise for at least 1 minute, but you can also extend them to 5 minutes each. The first exercise is a fast and deep breathing exercise. Do this as fast as possible and breathe through the nose. This breathing exercise is called Bhastrika. Release your breath totally, as if you are throwing your life away until there is nothing left. Inhale, as if you are taking in the cosmic energy into your system, totally. You don't have to visualize anything here.

The second exercise is called Kapalbhata. This is the rigorous expulsion of air from your lungs. You have to expel your breath with a forceful contraction of the abdominal muscles and then don't breathe in, just relax (unlike in the previous breathing exercise where you breathe in totally). When you relax, some air will be pulled in naturally. Repeat the process again and again for 1 minute. Initially, if you have never done this, it might be painful for the muscles; let the pain come unless your muscles are cramping, which will not happen if you do it right. You can Google and watch videos on these exercises to know them much better by watching people actually do them.

The third exercise is not that intense. It is used to calm the mind to a level that you get full control over your mind. It forces the mind to become your slave. This is called "Anulomvilom." In this exercise, you use your right hand to block your nostrils one by one. These are the steps:

First, block your right nostril with your thumb and breathe in deeply. (From the left nostril) Unblock the right nostril and block the left nostril with your ring finger and then breathe out (from

the right nostril)

Now breathe in again without changing anything (from the right nostril)

Now, again block your right nostril with your thumb and breathe out from the left. Repeat this one for as long as you want. You can do this for 5 minutes, 15 minutes, and even 30 minutes. Totally up to you. Yes, the silence increases with time. These breathing exercises are very powerful for everyone, no matter what mental patterns you have. If you are willing to settle your mind into a quiet state, these exercises will forcefully bring you to a place of silence. This silence can be called a state of zero or Shounya. Even if you are an anxious person, you won't fear negative thoughts. Now, whatever you wrote on the paper must be realized. You can begin your visualization. Watch things that you want the most and imagine yourself already in possession of those things. Realize how good you feel now that you have all of it in this moment.

Upon doing this, those things will find you, and they will come to you in ways that you'd not expect. Expect the unexpected, and that would boost your visualization even more. These yogic exercises will definitely remove all the low frequencies from your body and raise your energies. The more energy you have, the stronger your manifestation is.

However, there are some ways through which you may negate the rise in energy, which may happen by eating the wrong foods!

THE RIGHT FOODS TO ELEVATE YOUR ENERGIES AND VIBRANCE.

Mostly all foods are good and raise energy. The foods that are extremely high in energy are fruits especially grapes, black pepper, ash gourd/winter melon, honey and many more. There are some foods that may cause negating effects. This negating effect may happen in two ways. These 2 ways are:

1. They raise your energy but fills your body with lower vibrations.
2. They lower your energy and also fills you up with lower vibrations.

Foods like garlic, onion lower your energies and also lower your vibrations. These foods are eaten for taste. You might say, "Why so? Both of these foods have great medicinal benefits." Yes, they have medicinal benefits! And one of their medicinal benefits is that they create lethargy in the body. They are nervous stimulants that, upon consuming on a regular basis, desensitize your body to them.

There are foods that raise your energies but also create a lot of tension in the digestive system and body. This tension causes your vibrations to get lower to the point that you start to feel anxious, stressed, aggressive and compulsive. These foods include foods with complex molecular structure like meat, eggs and fish. When our body is in a low vibration but filled with energy, it will try to release energy through the gratification of the ego or personal gratification.

Thoughts will remain at a low frequency and a heightened state (high vibrational state) will become inaccessible for the span of time the food is in the body. Upon eating these, your energies will metaphorically look reddish brown in colour. Reddish-brown is a dull and slightly aggressive colour. So, should I quit eating animals? I didn't say that. It would be great if you abstain from it during the time when you are manifesting, but even if you don't, it's not that you will lose access to higher vibrations. It would just be a little difficult.

Coffee and tea or any other caffeinated drink pulls your energies upwards which means they raise your vibrations up but crash and lowers them soon after they lose their effect. These drinks have zero energy. Caffeine raises energies for a while but doesn't make you vibrant. It simply shifts the

energies that are already present in the body. If you have consumed dull energies or you feel dull and you drink coffee with it, you will feel active but your emotional and mental energies will remain dull. Your energies will become bright but pale in colour (of-course metaphorically speaking).

Azadirachta indica leaves (or Neem/nimtree/Indian lilac) also doesn't contain any energy, but it converts negative energies into positive energies in the body. They turn dull energies into vibrant positive bright energies. It tastes bitter, which makes it difficult to consume, but after having a few of these leaves you will become pleasant from within. Even people around you will notice your vibrance. Your energies will become orange in colour (metaphorically speaking).

Neem and turmeric also have some metaphysical aspects that upon consuming them together for a few days, you gain the ability to control your chi or prana or life energies to specific points in the body. Energy is wild. It doesn't have control but it can be arranged in a form that when consumed either through the five senses or as a food affect us in different ways.

You can roast food and warm yourself by sitting next to the camp fire, but if you sit on the campfire, it will roast you just as easily as any roasted food. When the contact with energy is direct, the effect can be seen easily, as mentioned in the example above. But energies that are complex in design and subtle in nature mostly pass through our senses because they don't affect our 5 senses. This makes them hard to detect (not undetectable though). Energies transmitted to the body through food is subtle unless their effect is huge.

Another benefit of the yogic poses mentioned in this book is that they will make you receptive to energies. This means, after a few weeks of regular practice you'll be able to sense the subtle differences between how you feel on an empty stomach, how you feel after eating an apple, how you feel after eating non-vegetarian food etc. These differences will be in the form of emotions, psychological behaviour and energies.

Perception of energy is very subtle, which may take time to develop depending on the practitioner. Energy is everything. There is not a thing that isn't energy besides consciousness. Everything you see around yourself is energy that is given a form through infinite consciousness. This infinite consciousness is infinitely intelligent. This infinite intelligence is referred to as chitta in yoga, which becomes accessible to people who do not identify themselves with the body and the mind. Energy can take any form possible but you as an observer are the consciousness. This consciousness IS infinitely conscious, but constrained by the mind and body. Once these 2 are moved away from consciousness, and you tap into your true nature, your intelligence explodes/expands in all directions. Once this state of mind becomes accessible to you, you will be able to think and shift realities effortlessly. In-fact, whatever is shown to this consciousness becomes a reality immediately. The only constrain to creation is your mind. Once the mind is mastered, creation comes to your fingertips. This process of becoming a creator or co-creator is called yoga.

Yoga is the process, union with the universe is the outcome and Its possibilities are a consequence.

Being receptive to energies is crucial for learning how to manifest. While you can choose to manifest within certain rules, mastering the process requires understanding the underlying principles. Another important factor to consider is the quantity of food consumed. Everything we eat creates friction in the body and utilizes energy. Overeating can significantly deplete our energies due to the energy-intensive process of digestion, leading to feelings of tiredness after meals. While beverages like coffee and black tea provide a temporary energy boost, they can also result in a subsequent energy drop.

It's acceptable to enjoy coffee or tea, but relying on them to dictate your day may pose a problem. You can elevate your energies and vibrations even without food by incorporating yogic practices involving breathing exercises. Practical experience, rather than just theoretical knowledge from a book, is essential to sensitizing yourself to shifts in energies.

Additionally, I'll share specific ingredients that can enhance energy sensitivity and control within your body in just two days. Understanding energies better makes it easier to adapt once you can perceive them. Consider why the wealthiest person isn't necessarily a PHD in commerce, why the best singer may not be the most famous, or why people have varying preferences. It's because individuals give form to their energies based on their focus and consciousness.

Consciousness, akin to water, takes the shape of whatever it's given. Your thoughts, intentions, emotions, physical body, environment, imagination, ideas, and mental patterns are all different forms of energy shaped by your consciousness. These forms not only influence your internal state but also impact your external reality. This interaction between energy and consciousness manifests your current life experience.

While consciousness gives form to energy, it's essential to understand that consciousness is not a characteristic of human intelligence. The complexity of the human body, constructed through energy patterns, doesn't produce consciousness; rather, consciousness is a distinct dimension. Consciousness and energy are fundamental to creation, and the physical reality exists due to their collision.

In this reality, wherever consciousness resides, energy follows. Though consciousness and energy are two sides of the same coin, they cannot exist without each other. These forces operate at two levels: universal consciousness and energy of the cosmos, and universal consciousness working with the complex energy structure of your body.

A human body has the advantage of directing and designing energy in a highly intricate manner. This design can be precisely focused on a goal, such as desires and longings. Energy is drawn towards consciousness in this reality, creating a seemingly unified phenomenon in our life experience. However, upon closer examination, there are 112 individual lines that construct your current reality, each of which can be explored through awareness.

How to do it?

To develop significant sensitivity to different energies, consider a period of silent introspection away from external stimuli. A 21-day retreat, free from mobile phones and social interactions, allows you to sit alone with yourself. This extended period enhances your sensitivity to the surrounding life. However, if 21 days seem impractical, shorter durations like 9, 3, 1, or even half a day can be adapted based on your comfort.

Yoga serves as a tool to heighten your sensitivity to life and your environment. Regular practice can lead to effortlessly receiving and transmitting energies. Nevertheless, be cautious as playing with energies can have substantial effects on your body. The optimal time for yoga is at 4:00 in the morning, particularly beneficial for night owls sensitive to energies.

Between 2:55 am and 3:30 am, a sudden chill in the air creates a still environment, persisting until 5:30 am. This period induces a rise in vibrations and surrounds you with positive energy, making it an ideal time for yogic practices. Yoga facilitates self-awareness and makes manifestation more accessible, helping you realize your true nature over time.

Remember: “Whoever you are, wherever you came from, whatever you’ve been through, however you’ve been raised, you can become what you seek to become, and you will. The question is not whether you would or not. The question is when?” Embrace affirmations like “I am consciousness,” “I am a creator,” and express gratitude for the ability to decide your experiences.

Follow yogic exercises diligently for rapid growth and control. Once you gain control over your body, managing your mind becomes smoother. Manifestation is likened to lighting a campfire, requiring the right oils (yogic poses), the right wood (this book), and the spark (your mind). After igniting the fire, redirect it toward what you wish to manifest.

Spiritual practices aim to empty the metaphorical cup filled with identities and mental paradigms acquired over time. A child’s open subconscious mind contrasts with adults who accumulate identities, hindering learning. However, you possess the power to shift things in the present moment. Handle your physical body with grace and love, avoiding unnecessary movement.

The story of Rohan illustrates how physical objects, like well-organized notes, can carry subtle memory imprints or “energy bodies.” Physical items have the capacity to absorb these imprints based on consciousness, affecting concentration and interest. Recognizing this connection can enhance your understanding of how your energy interacts with the world around you.

Try this in a library. Pick 2 copies of the same book, one older looking and another relatively new looking. Read a page from the older book first, then read the same page from the newer copy of the book and notice the difference in the imprint that the older one has made in your mind.

It is not just with books. In many cultures of the world, it is believed that someone’s sold gold or second-hand gold or any other jewellery brings bad luck, which is why it is reforged before reselling.

Some substances have stronger capacity to save memory imprint than others. Substances like salt, sesame seeds, gold, diamonds and jewellery, water and even clothing can have a strong imprint of memory on them unless purified through high energy like fire.

People knew about this long time ago and now it can be proven through quantum mechanics. In fact, quantum mechanics cannot be efficiently applied in the world without the use of occult-knowledge, which is consciousness-based. Why?

Because science is always focused on the play of energy – energy in different forms. Energy is just one half of creation. Pure energy like electricity which is wild, cannot carry an imprint of information on itself through another forms of energy. It may only happen through consciousness because energy moves into form only through consciousness.

Everything you pick or touch must be considered sacred. This practice will help you raise your vibration subconsciously. The universe is your own reflection. So, if you treat everything with love and compassion, everything will become compassionate and loving around you and to you.

If someone ask you for a pen, try giving it to them with an annoyed face and see how they react. They wouldn’t want your pen. Give the same pen with doubt and anxiety and notice that you don’t get your pen back. Give it with a smile and see the gratitude on the takers face.

Every single thing is working under this law. Your every action is coming from this law. Every reaction that you are getting is coming from this law. The law is functioning in every atom of creation. Look at water, the sun, the planets. The planets are spherical because of this law, gravity exist because of this law, the current situations in the world are functioning under this law, the universe is a manifestation of this law being true, everything in existence is a certain way because everything is

just a reflection of this law, but the law of attraction is not the ultimate truth. It's just one of the 3 qualities of truth.

7 THE PASSAGE

This book is written through Ajna, a vital point for personal development where the unknown becomes known. Ajna is a dimension within the energy body, located at the center of the eyebrows. It is part of the 7-chakra system, detailed in my other book, "The Secret Path to Supernatural."

In the realm of energy, Ajna serves as a connection to the universe on a profound level. Activation or opening of this chakra unveils fundamental and experiential knowledge about the universe. Once awakened, a person gains insights into everything within their reach.

Upon acquiring this knowledge, individuals can analyze and construct structures known as yantras, which are mechanisms enabling extraordinary or seemingly superhuman actions. Despite the mental competence required for this task, setting up such mechanisms is challenging.

The question arises: why do many people not awaken their Ajna? Every child is born with an awakened Ajna, but as they immerse themselves in the world, they gradually form knots and blockages in each chakra. It's a natural process, as without these blocks, a child may lose their integrity.

If you're familiar with Eastern culture, you might have come across anecdotes about children being easily influenced by ghosts and black magic. While I won't delve into commenting on these stories, they touch upon a certain reality. Once Ajna is awakened, a person can perceive the true nature of reality, and the dualistic illusion dissipates. This represents the highest vibrational state before absolute self-realization, where the self hasn't fully merged with the absolute self or Brahman, reaching a point where even consciousness and energy become indistinguishable.

Ajna is the gateway to boundless possibilities. While you can manifest anything you desire, the caveat is that you won't be fixated on the physical manifestations of creation. In this state, the primary inclination is toward understanding and evolving into the Godhead. This is the ultimate potential of Ajna, although it's not the only possibility it offers.

For those on a journey of self-actualization, Ajna provides an avenue. It serves as the wellspring of all knowledge, where a mere glance can reveal whatever you seek to know. How? This dimension is intricately connected with infinity and embodies pure consciousness, allowing one to perceive everything in the cosmos.

Although mechanisms, as previously mentioned, can provide knowledge, an opened Ajna doesn't necessarily grant comprehensive insight into the entire cosmos and occult science. The wisdom found in ancient texts and scriptures originated from extensive observations gathered over decades of Ajna experimentations.

What are imaginary beings?

Imaginary beings are entities created by your own imagination, existing between conscious entities and pure energy forms, depending on how you shaped them. They are essentially mechanisms of pure energy, unless you've granted them awareness through occult processes or shared a part of your consciousness with them. Creating your customized imaginary being, or subtle body, involves verbally chanting the seven Moola mantras (Lum, Vum, Rum, Yum, Hum, Om, Kalike) and invoking

consciousness. However, it's advised against attempting this without a pure, controlled, and pious mind.

While these beings have their existence, human potential surpasses theirs as humans are manifestations of the creator. Fully realized beings can perform feats beyond ordinary human imagination.

Complete self-realization involves purifying your mind, body, and food, then manifesting the divine through devotion. Only when you're entirely pure will the divine take an avatar as you. Ajna is the power aligning with the universe for manifestation, accessible when you become nothing and obliterate your identities.

To awaken Ajna, a powerful technique is outlined in the subsequent chapter. However, it may not elevate vibrations for everyone, as lower vibrations could lead to fear when one feels like they are disappearing. Devotion and grace are essential to raise vibrations beyond this state.

To achieve this, drop your intelligence, release the ego of knowledge, money, and power by immersing yourself in nature. Nature, a place where even the most depressed find peace, the aware awaken, and the talkative become silent, is crucial. Dance is an activity that can never lower your frequencies.

Traveling, whether through pilgrimage or trekking, aids in raising vibrations. Many enlightened beings attained enlightenment in the presence of a guru or in nature, especially mountains. In natural spots, close your eyes, realizing you're there not for sightseeing but self-discovery. Connect with the space, bending your mind into absolute space, free of everything known. When you dissolve all attachments and knowledge, you become fluid, influencing even the non-living, and the universe responds to your commands.

Creation is at your service because you are the conjunction of energy and consciousness, capable of effortlessly manifesting everything you desire. Effort is unnecessary when the answer lies within, in "no effort." Everything in creation unfolds effortlessly, driven by the inertia of energy, desire, and physical movement. The universe's continual expansion requires a perpetual void, never filled up.

Opening Ajna

Don't try to understand the following, because the book is talking to your subconscious mind, mildly awakening and giving a glimpse of Ajna. Just continue reading and understanding what the sentences are saying, and in a while, you will grasp and comprehend the idea to its fullest degree.

The most important thing to do is to become effortless. Flowing through everything, like water flows through a slope. Or like how liquid mercury flows inside an isolated chamber. It doesn't want to come out of the container, it just takes the shape of the container. Similarly, you must align your thoughts in a way that they are not directed towards the effort or desire to jump out, but seeping into every corner of that desire and reconstructing the container that already encapsulates it. Both of these mental images are very distinct in nature.

Be like the dew of water that has no will, but is willing to submit itself to the law of gravity and slip down a leaf.

Be like a flower, having no will of its own, but throwing fragrance everywhere – Letting bees and insects use itself but still bloom with life.

Breathe in and breathe out, watch your breath and walk with it. See the divine flow in and assimilate with you, and throw out the smoke of negativity. When your breath reaches one end, find yourself. Where are you?

Watch the kids burn ants with a magnifying glass, but do not stop them, even if it hurts you. Just watch and become aware of what's happening.

When you are about to take a bite from a delicious cake, open your mouth and proceed to eat, but moments before you take a bite, throw it away on the ground and just look at it.

If there is no you, imagine a sheet of fabric lying on a table with no wrinkles, and then, suddenly, the flat cloth starts taking a shape and form. It begins to breathe and you are born.

Look in a mirror and observe what you see. Is it a reflection or is it you? Why that form appeared in the mirror? Why is the mirror reflecting everything but you.

Look at your body, touch yourself, find yourself, where are you? Are you in the body or in the mind? What are you watching, why can't you speak? Why can't you do anything but watch. Observing all of my activities but not indulging in them with me. Who am I?

These words may bend your mind, if you get emotionally involved with what they mean. But your subconscious mind understands them really well. No matter how many times you read them, you will get something out of them. Your vision will become clearer and clearer with time, and you will become as transparent as glass and as frictionless as oil.

Creation is effortless. Manifestation is effortless.

The problem is that people believe they know many things; about themselves and about the world. Just by receiving some knowledge, information or education from here and there, they limit themselves into believing that they know many things. If one believes that he knows, he stops seeking more. Honestly, one doesn't know anything on a fundamental level. All the academic knowledge is superficial in nature.

Academics, information and schooling are similar to playing with the snow on a snowy island. Everyone is talking about the games you can play and the things you can create with the snow, but nobody is teaching you anything about the nature of snow.

You may know one thousand ways to use a pot, but you are not taught anything about the nature of the clay that the pot is made from.

Ajna is a place where there are no ideologies, no mind-bending theories, no formulae, no nothing. There is nothing, which is why it is also the place where infinity and all-knowing happens.

If you want to know everything, drop everything that you have known up till now. This doesn't mean that you should stop gaining knowledge and stop seeking higher studies. Learning to use the pot is essential to make a living. This just means you drop all the knowledge outside the door when you think that you know something.

Believe that you don't know anything and observe your environment with this mindset. See that you don't know anything that's happening around you. This type of observation will open one knot of ajna for you.

I don't know anything.

The most difficult thing to give up is attachment. Although, people might say loving, caring and desiring things isn't bad. Correct!

Actually, attachment and involvement are two different things. You can be 100% involved with something or someone, yet not be attached to them. Attachment is when you're expecting something from the universe, which is entangling you. I'm not saying it's good or bad. It limits the person, that's all!

In contrast, a person who is detached from the world carries extraordinary intelligence and a pleasing personality. Attachment is yet another knot that must be opened to awaken the Ajna chakra.

Detachment can only manifest when one's source of joy or pleasantness stops coming from external sources. Maybe you can't let go of everything that you have/want, just to master this force.

So instead, all you have to do is just feel grateful for everything you have. Show gratefulness to the warm blanket, to the life you carry, to every little thing that is making everything so comfortable and peaceful around you. Once this awareness is manifested in your mind you will automatically become detached from everything in the present moment.

Don't test yourself by removing comfort out of your life to practice detachment, just be grateful for everything you have. Gratitude is the best emotion to receive. Gratitude, gratitude and more gratitude. The more you have the better.

When you're grateful for something, you know how it would feel if you don't have it. And if you're grateful for everything, you'll know how it'd feel when you don't have ANYTHING! Not even your body.

Everything significant has come to you from gratitude.

Another complex way to manifest detachment is by having such a strong imagination that the real world starts to look mundane to you. When you have access to everything you want in your imagination, nothing else is actually needed.

A dream created by the mind in sleep-state can be the most inspirational thing one ever sees in his life. This is because the mind knows all of its triggers and how to pull them. What you see in a dream can influence you so much that it might as well change your very motivations of life. It may inspire you to the deepest ends of your imagination, it can make you feel the deepest love that you have ever felt.

The mind is the gateway to all experiences of life. The external environment will never happen "just" the way you want to see it because there are others too.

Everything can be simulated in the mind with a strong imagination. There might be more than one way to improve imagination. One way is to practice imagination, obviously. You already have everything to imagine a world that feels more real than real. This happens because dreams or imaginations are emotionally more impactful than the real world. This is because it is designed by you and for you.

If you speak to yourself about everything that you see, even if you don't (in your imagination) slowly you will start seeing things clearly, just like real world. Everything would look so real that you may get absorbed in it so much that everything else and the outside world will literally begin to disappear for you. Have a strong imagination. Highly focused on the detail of the image you see in your mind.

There is another way to open Ajna, which is to have absolute open mindedness. Absolute open mindedness is a state of mind where a can be easily brainwashed or brainwashed into an awakening because the words written in this section can create the necessary inertia for its awakening.

Imagine yourself with no sensations, no thoughts, no waking awareness, no identity and no sense of self, like a dead man. If you see nothing, it doesn't mean that it doesn't exist. This nothingness that is "happening" is the true nature of Space-time, consciousness or chitta.

Nothingness/pure-consciousness is the closest a human can experientially get to knowing the fundamental nature of space-time, but that is also the only thing needed to explore it to its fullest degree.

Infinity emerges from nothingness. Even the special theory of relativity was derived through the pure consciousness. That theory was not an outcome of rearranging mental data or coming to a discovery by accident. We have a habit of jumping between ideas and mental patterns. It may sound intelligent to you to consider different ideas about something and look at a thing from multiple perspective, but that will never show you the real thing, it will only show you the things that surround the real thing. Ideas.

Mysticism is beyond the logical framework of the mind. The 100 billion neurons that create this universe inside our minds, are functioning at the highest model of physical reality than what we perceive through our awareness because we are a subset of that model.

A software cannot outdo its own hardware.

We only know about things from our memory. Our mind can only work under the influence of causation. If you hold a pen and drop it, you already knew it would fall. This falling is the result of an idea planted inside our minds which is in the form of past memory. What if I told you, there is a way to know that the pen would fall down when released – even without having any prior experience of life?

Information and mechanics of creation can be devised through knowing. Knowing is not just a spiritual statement. Knowing means actually knowing everything about a thing.

There is a dimension in the mind which is free from all memory and causation. Actually, there is a reason behind it too but it is outside the realm of a human's logical understanding of physical reality. You might have come across or have even been living in vicinity of people who do not believe in you and what you do, but when you look deeply, they too are suffering their own manifestations/mind.

Don't build a desire to proof them wrong or gain their acknowledgement. The problem is, we only seek acknowledgement from those who reject us or seem to reject us. If you do this, you'd be setting your energies in the wrong direction.

A person with an awakened ajna is not absorbed in the content of the world and neither the context people put behind it. He just sees, and when necessary, does the things that are necessary for everyone's wellbeing.

People are living in a different reality to an extent that you can't imagine what they see. The only thing that matters is what you see and the same goes for them, that's how personal life is. If you observe someone deeply, you can get some glimpses of what and how they are seeing things without even talking to them. Some people manifest shame, some manifest guilt, some manifest jealousy, most people manifest logic to an extent that there is no possibility for something that is outside the framework of their own logical mind.

Logic is the greatest obstacle to overcome for many, because their brain's entire firmware is designed under the constraints of logic. Brain doesn't understand the illogical because if it does then that is also logic based. The dimensions beyond logic can only be witnessed or observed and then applied through the analytical mind.

You can't be all the way into manifestation and be thinking just logically. Logic is important, but higher dimensions have greater possibilities. If something is outside the realm of the mind, the mind will try to make things out of that unimaginable thing by connecting a bunch of its own jargon together. Causing you to imagine things. This is why surrendering is the most important part of any spiritual process. Know when to use logic and when to surrender it.

You must realize that all the knowledge you have gained up till now has no grounding. Every definition on the internet points at something else and not at what it is. Humans tend to give substance to things that are valuable to them. If money is more valuable than rocks, you can't exchange rocks for money. Every word in the dictionary points to the other or how it can benefit us in some way. We can only know cake by its taste, colour and texture.

What is a cake?

We don't know. We can tell hundred things about cake and a hundred recipes to make it, but we cannot know cake without turning ourselves into a cake. This might sound off, but consciousness can turn itself into a cake, lamp, stone or anything.

When you lose all the senses and mimic the awareness that a cake carries, that is the closest you can get to knowing what a cake is, in its true essence. A tree is not defined by the colour of its leaves and trunk, it is not defined by its fruit, It is not even defined by its purpose which is to provide oxygen. A tree can only be defined by what it is. Its existence. Everything can just be perceived through awareness but we tend to label everything with its characteristics and properties to make them easier for our survival. Words and science can only take you to their limits. The map is not the territory. Knowing is different from knowing about something, or knowing something by its name or how that thing looks. Knowing cannot emerge from an idea, concept or a psychological structure. It can only emerge from consciousness. Consciousness has no characteristics, no properties, consciousness has nothing yet it prevails through every atom in the universe. Once you become this consciousness by removing everything that you identify yourself with, (The body, mind, brain, subtle body and awareness/causal body) you will become nothing, which in other terms mean that you will gain the possibility to become anything!

This nothingness opens up your ajna.

You're already the creator you seek to become. Everything you wished to be true is already true. If you are feeding it your attention it is growing. Everything that spurs in the garden of your mind has brought up by your own awareness. If there is something that you wish to remove, just stop feeding it with your awareness and it will wither. Any emotional muck or psychological issue can be dealt with by not engaging with it or totally accepting it as a part of yourself.

Stop worrying about what you don't want, stop thinking about what you want or don't want. Have everything that you want now and everything will follow.

Every aspect of creation is a figment of your own psychological structure. You can create anything you want because you are born with this power. A cat or a dog cannot willingly create its own environment because it is not conscious enough to do that. YOU CAN.

You have the imaginative power and the ability to decide consciously. Read this with absolute awareness. CAN YOU BELIEVE THAT YOU CAN CREATE YOUR FUTURE JUST BY THINKING ABOUT IT? YOU CAN CREATE THE FUTURE. IN FACT, YOU ALREADY ARE DOING IT, YOU JUST HAVE TO BECOME AWARE OF THIS FACT.

You are the image of the god you worship. You are not praying to a god sitting in the clouds, you are wishing and praying to yourself because everything that you can conceive, has emerged from nowhere but within – which is why in many cultures, people say when you are devoted to something, be it an idea, God, mission, that thing too is devoted towards you. That thing will give you it's best to you. Everything conceivable to you has emerged from within. This within is not inside the body. It is in consciousness, your true nature and also the only thing that can be aware.

Realizing the presence of consciousness may take different amount of effort for different people, depending upon their upbringing/karma/prarubhdha. You can realize consciousness by witnessing it (through raising awareness) or you can witness it by removing all the noise that your current experience of life is creating. This noise includes the 5 senses, the mind, the emotions and the awareness. Though, if you try to separate yourself from awareness you will simply fall asleep. You must stay awake and alert and also lose awareness of the self. This is said because in the process of trying to separate oneself from his awareness, the person puts his awareness on awareness itself to first know what awareness actually is, which is a type of meditation. When awareness is totally seen by the mind, a time will come when you'll be able to tap into "no awareness". There will be nothing but... "Isness or pure being". This is a trait of a meditative mind. This state brings absolute peace and bliss to the mind and also shows you your true nature, which is consciousness, independent of any physical or energetic influence. This state is called samadhi.

8 COHESIVE ENVIRONMENT

Whom to surround yourself with and how to discard things that you don't want. Manifesting the right environment.

The effect of social media is more than what's perceived by an average Joe. Not just social media but any source of jargon and information that's not aligned with your current situation is undesirable. To make something powerful come out of you, some sacrifices have to be made. These sacrifices are not necessarily just in quitting social media for a while or stopping talks with a friend.

Only when you have devoted your life energies to the process of creation, when you can only see your target, when you have devoted your mind, body and soul to the task so deeply that the task itself starts throbbing with life and there is no YOU doing the task, there is only the task and nothing outside it, only then will you witness your true power and the power of creation.

Even if the task is simple visualization, put your entire life on it. Imagine giving yourself up and surrendering to the task. Let everything regarding the task sink into you like a super conductor.

In order to focus your energies in one direction you can do this. Every night recall everything that you have come across throughout the day. There might be details stored in your subconscious mind that are left so untouched that you wouldn't even have realized where they came from. Recall wherever you have been, whatever activities you have done. Find the details and write them down. The colour of the office, the colour and texture of food, the major activities you did where you forgot that you existed. This note making task will give you some idea of where your energies are focused. When you become conscious of your energies, you can change them with no effort. If there

is too much effort in anything you do, it means that you either don't have the knowledge of how the task is done or no prior experience. If you feel like you are putting too much effort in the activities that align with your manifestations, then grab a book and learn how to do that activity first. Visualize yourself doing the activity. Activity is another way to put life energies in the task you are doing. The more energy spent on the activity, the more powerful the manifestation gets, truly. Even if your productivity is very poor, you'll see that when you put your life energies in your manifestations, you become luckier and luckier, or things start to come to you naturally. This happens because your life energies are at work.

When writing down everything that you have seen and done throughout the day, write every detail of it, once you become aware of everything you have done, all the invested energy is released from your energy body. From the details of the video, you watched on youtube or Facebook to the dialogs you said to a person. Everything must be brought to the awareness. When awareness witnesses everything absolutely, it disappears. You might have used awareness to get rid of negative emotions (Through acceptance). Anything that's completely seen and acknowledged, cannot remain in the body. Once you see everything that you have gone through, your energies will start to carry a potential. This potential energy will be transformable unlike the old unmanifested energy.

Write daily diaries or bring everything to your awareness.

If you bring awareness and totally accept everything, no situations or person who tries to unconsciously negate your manifestation will disrupt your energies.

Once you start changing the direction of your energies, some people will start to move away from you because they'll not feel like they are talking to you anymore. Their frequencies and your frequency will not align. It is okay. Similar things happen when one's kundalini starts shifting. Your energies and perception shift so quickly that people think you are going crazy or feel agitated when you are around. This is how energy functions. Ego always tries to stop energy from transforming because, in a way, ego is a manifestation of energy, itself. If we try to transform energy, the ego would believe that it would disappear or die. But biggest changes happen only after transformation. The best and the least harmful forms of ego are the ego of knowledge and the ego of devotion. I am knowledgeable or I am a devotee. These two types of ego are healthy and doesn't turn the individual into a scape goat or victim.

Cohesive environment is essential to uplift not just your own vibrations but also the vibrations of your environment. You already know what you want. Now, imagine how your surroundings would look when you have those things. It is simple and effective way to align your thoughts in the right direction. Design the room exactly how it would look when you have received all the money or any material asset you have desired for. It is understandable that if you want something, you must lose something. This means if you believe your family, your friends or anything in your life is pulling you down then that must be removed either from your life (Which is sometimes not possible) or from your mind. Or maybe you can change yourself in a way, that even after getting all the things that you desire, nothing in your surroundings would change. You have to work through either one of these ways if you want to see dramatic results when manifesting.

Either change your surroundings or change yourself. These two thoughts are of immense value.

If you are willing to gain something, you must lose something.

A filled cup needs to be emptied first, before you fill it with something else.

By making changes in your environment, you are not changing anything but yourself. You can choose to do it directly (by changing yourself) or indirectly (By changing everything around you).

The main focus of any manifestation is to become something that we are not. But the problem is, we don't even tend to realize who we are. So, let's talk about some practical steps that you can use to shift your environment without actually changing anything.

The practice that I am going to mention right now is of immense value. Honestly, if you follow this technique, you don't even have to read anything about law of attraction again. Things that you want would simply come and align for you.

Sitting in your room right now, do you agree that everything and everyone around you is your own manifestation? Literally everything you perceive is your own manifestation. This means, when you are perceiving any physical thing, that thing is a reflection of yourself. That thing is reflecting your current life situation, your current sense of self and your desires. Now this might be a little difficult, but can you realize how you would look at the same thing when you have gotten everything you want to manifest?

Or let's say you want to manifest a cup of tea and there is a lamp in front of you. Now, look at the lamp while desiring for a cup of tea and see how you feel for a while. NOW, go to the kitchen, make some tea, come back and put the tea cup on the table and look at the lamp again and see how you feel.

Do you sense a slight shift in your perception when looking at the lamp?

Even the objects that are not related to your manifestation are involved in your manifestation (because they are part of the same chitta). Actually, everything you see around yourself is involved in what you manifest (for you). With a little effort, you have to see everything around you the way you'll look at them when you have manifested all of your desires. This means you have to go over each object in your room one by one if you find it necessary.

Once this is done and everything around you is reflecting the money you desire. Come to your breath. Breathe the air the way you'd breathe it after your manifestations have come true. Eat the foods that you'd eat after your manifestations have come true. Walk your manifestation, sleep your manifestation, sing your manifestation, live your manifestation...etc. In a few days, you'd not even recognize the old you. You would become someone totally different. A person who has already manifested everything that he desires.

You can also conduct an experiment on this. Take out a notebook or a notepad and look at one thing and write about it in great depth. Do affirmations and anything that you use when you manifest things into your life and a week after, write about the same thing in great depth and see the difference in the texts. What's different?

Deeply observe everything you do and start doing all those things more consciously. Slowly you will develop the ability to see the world from bird's eye view, where you remain untouched and uninfluenced. This is simply the best, most practical and least abstract way to manifest your dreams into reality. If you master this technique, you will not need any other technique. But if you seek to go beyond this realm and tap into samyukti to perform what may seem like a miracle, then the black bull technique will take you there. But that technique is only for those who are ready to give up themselves, totally... leaving behind everything they believe they are and dissolving themselves in devotion and faith to the technique that I offer. This technique is explained in greater depth in subsequent chapters.

Every environment is cohesive or every environment is non-cohesive. It totally depends on how you see it. If you open yourself to the possibility that things might not be the way they seem, be it in any circumstance, that circumstance will transform itself into a key to your success.

If you know about the law, you already know everything about it. You are just hesitating, which means you don't believe in it. If you have faith in me, I am telling you that it is true. Put your entire life on the line and it will save you, put a little effort and it will create an entire universe of possibilities — because that's how it works.

Either change your surroundings or change yourself. If you happen to struggle to change your environment, create an environment inside your own mind. A place where everything you want has manifested, where you pick up the imaginary golden cup and drink some coffee in it, close your eyes, pull the drawer and pick up the imaginary bundle of cash. Keep it somewhere else, play with your mind with no effort.

The mind can do everything you believe it can do. If you struggle with imagining things, just say to yourself that you can feel the touch of the that golden trophy or the gold medal, speak to yourself loudly that you can watch yourself standing on stage singing to a billion people. Close your eyes and say that you can see every colour of the rainbow and the clear blue sky from your huge balcony.

Speak everything with crazy detail. Slowly as your awareness rises, you will be able to encapsulate everything in your awareness, the colour of the tiles, the tinted glass of the window, the colour of the window frame, the colour and material of the fences or grills, the shape of the clouds, the details of the scenery, the emotion that the scenery invokes in you etc.

Through this process of active visualization, you can involve yourself in your imagination with so much attention to detail that the outside world will disappear for you. The mind will feel like a sandbox where you can put whatever you wish.

Similar thoughts were brought into awareness of Albert Einstein. He envisioned himself sitting on a beam of starlight. In fact, any other great person in history who has used some aspect of this creative visualization.

Another important thing to know is that the law leaves nobody unseen, it is working on everyone. The person sitting next to you might be suffering through an emotional luggage, it is his manifestation. A poor beggar is suffering on the streets, that is his manifestation. A teacher is teaching a subject and the students are not listening, that is her manifestation. A little girl is lost in the streets and cannot find her way home, that is also her manifestation.

You don't have to make a transaction of energy with anyone, unless you feel that it is necessary. In a way, if people ask for help or need help around you, you are their manifestation and they are yours.

However, do not "entertain" the life problems of someone else (It's a sign of attachment, not involvement). This is essential. The most important thing when you are manifesting something is that you do not transact with negating personalities of energies. Even when you interact with someone on a topic totally different from your manifestation, some energy transaction is always made. This transaction can be cancelled by becoming so conscious of the person that everything coming to you from that person is seen by you. But if you believe that the interaction is unnecessary, then just don't entertain it (See it from bird's eye view, as the observer). As it is well said that a company of a fool is worse than having no company. Emotional engagement with a fool turns you into a fool, emotional engagement with the poor makes you think like a poor person. This is how simple it is.

Do not have emotional engagement with people with undesirable traits.

This may sound selfish and it might be selfish, but being selfish without violating someone else is good. Even enlightened masters have to manifest a false sense of selfishness just for this sake. No unnecessary energy transaction. This mindset will help you reject information on a subconscious level and no environment will ever effect you and your desires.

9 THE BLACK BULL TECHNIQUE

Creative visualization process to manifest. Becoming a master LOA practitioner!

The phantom limb will be our gateway to produce absolute coherence with the universe. This is the place where all the miracles happen because it is also the place where one loses himself and surrenders to that force which knows no such thing as impossible.

PREREQUISITE: You can choose the colour of the bull that you'd like to visualize. This bull will play a very important role in the visualization process, so proceed to get your mind fixated on a single colour and don't change the colour afterwards. Either black or white. See, I am giving you the liberty to choose.

The bull is known for its sheer power and unstoppable force. We will go through a process of rigorous and repetitive visualization to induce higher vibrations. You will feel some sort of stimulation in your pineal gland which is present at the center of the brain. This gland opens up during the moment of death or enlightenment and secretes a drug. Honestly, death is the most pleasing and joyful state of being because only when it comes, we tend to realize life in its totality. If you are in a constant state of death (Not physical death) you tend to become called with life. The intensity of life tends to burst out through every single cell of your body. This is the state of samyukti, where whatever we wish for, happens. Even if it is non-physical. The entire creation longs for this fulfilment through you. In this state, you realize that you don't want anything, because you already ARE EVERYTHING! And because you realize that you already have it all, you actually end up having it all. You don't even need to think about what you want. The universe pulls out the best for you even before you try to manifest it because the subconscious mind becomes that way.

After you finish the yogic poses and breathing exercises mentioned earlier, you can proceed onto this for maximum benefit. But even if you want to directly move onto this, you can. The relationship between the bull and you is such, that you can become the bull whenever you want. This visualization is precise. So, try to follow along with the attributes of the bull as you read.

The bull is separate from you, but you can become this bull any time you want. The bull does not have any thought. It is like a machine. A conscious machine. Visualize this... Touch the bull. Feel it's skin and fur on your hands. Feel the touch of your hand on the body of the bull. Yes, as the bull, feel your own hand as if you were also the bull. Feel that you and the bull are connected. You perceive through your visualized human body and also as the bull. This connection might be mild, but with time it will become stronger and stronger. As you touch the bull more. Visualize the bull in greater depth. Visualizing the bull will help you develop the attributes of an outside heavy force that could influence you. But only under your own command. Metaphorically speaking "this bull is going to carry you to your death". By death, I mean the death of the old self, like a snake shedding its skin and coming out as something vibrant and new. This death can also be termed as a transformation. To amplify the effects of your visualization, you can even write the attributes of the power of this bull. This bull is twice or thrice as big as ordinary bull. It looks like a behemoth but is under your

command. It is so menacing that you feel inferior to it. If the bull is black in colour, keep its horns white in colour. If it is white in colour, keep the colour of its horns black. The horns are supposed to be the link between the consciousness of the bull and you. So, it must look slightly different from the rest of the body. The more you view the world from the eyes of the bull the better.

Introduction to The Black Bull Technique

The actual technique involves visualizing your inner body as a nature's spot. Visualize that there's a valley at the center of your throat. You must visualize a terrain beginning from a valley present at your throat. This valley is surrounded with green trees, rocks, and a waterfall. You have the liberty to create your own world through this visualization. The more detailed the better, but remember that this world has to be rigid, just like the physical world. You must not make any wild alterations to it later in the future. A picture speaks a thousand words but don't take thousand words from this picture because it just gives you an idea.

There are 3 major junction points in this visualization. The one circled at the base of the throat. One between your eye brows and the third one is a phantom limb which does not exist physically. It exists as an energy point that has a specific role in manifesting your current experience of life. but you must develop this limb to stimulate your pineal gland. Don't take the image too seriously and generate the limb exactly how it is shown. The image just gives you an idea of the junction points. There has to be an exit point through your forehead and the phantom limb. You can create an exit point on the tip of the phantom limb. You can do this method wherever you want and in any position. Exit can be build by visualizing cold air entering not just through the nostrils but also junction point 2 and 3. When breathing out, visualize hot air moving out through point 2 and 3.

DEVELOPING THE PHANTOM LIMB You might think, "How can I feel the body part that I don't have?" It is possible. You just have to bring your awareness on this point. Visualize your awareness moving upwards. Starting from the base of your throat (In between your collar bone) and slowly, very slowly move upwards. As if a ball of light is moving upwards. When it reaches the tip of your head, do not stop. Imagine touching the white ball and the sensation that you witness on the light ball. Feel the touch on the light ball. As if you were that ball. You can do it if you try to gather your awareness outside your body (In this case, above the tip of your head). You don't have to give a specific shape to your phantom limb.

The only thing is you must keep it attached to the tip of your head. You can also visualize the cold air entering through the tip of the phantom limb or a hollow antenna when you breathe in and the hot air exiting the limb as you breathe out. This will help develop this imaginary limb in your system. This will give you the ability to witness things beyond the mind and also connect you to pure consciousness, where the state of samyukti is achieved.

If you have done anything mentioned above you might have felt something in the center of your head. This means you are heading the right way. If not, you must repeat the process. It's not difficult.

But in case you are still not able to sense anything or visualize anything properly on the tip of your head. You can try consuming some neem + turmeric powder concoction. It might taste bitter and unbearable but this concoction is a gateway that will help you increase your chi control to a level that you'll be able you move your bodily energies wherever you want.

Drink the concoction max to max twice daily for 2 days. Within these 2 days you will feel that you are able to control your awareness more fluidly.

The black bull technique:

Imagine the bull sitting on the first junction point (the base of your throat). See the nature all around yourself. Watch the bull as a separate being for now. You will sit on this bull, make it run upwards as you slowly breathe out and exit through your phantom limb (3rd junction). Once you exited the phantom limb, jump off of the bull and dissolve in thin air. The bull will come back to your throat as you breathe in. Where you will sit on the bull again and repeat the process. The bull will make several laps. Now, this is slightly tricky, but if you can imagine 2 aspects of this visualization at the same time, the results will amplify. NEVER TRY TO VISUALIZE because you will always fail if you try to do something that requires no effort.

As you breathe out and the bull rushes with you towards the 3rd junction point, watch yourself sitting on the bull and also feel the steps that the bull is taking on your physical body moving upwards.

When breathing out, breathe out totally until no air is left but slowly (Keeping the wind pipe valve semi-open, making *hush* sound).

As you breathe out, watch the bull and you sitting on it, moving upwards towards the 3rd junction point and ultimately exiting through that point. Then you jump off the bull and dissolve in thin air and the bull comes back. It might seem pretty complicated to follow but with time and little bit of practice this will become effortless.

When you breathe in, observe the path when travelling back to the 1st junction point. Building the path is up to you. Build anything you want and think as pleasing.

Now you might be thinking, how do I dissolve in air? You are just dissolving your current state and sense of self. This dissolution will remove all the identities you have taken from your past and only the observer will remain. This observer is the bull.

After continuous practice, you will come to a point where when you put your awareness on the phantom limb and try to stretch it or tear it you feel a slight sensation of ecstasy. This ecstasy is just a consequence of this practice but the state of Samyukti remains in action at all times after feeling the sensation, simply because the identity of the self has experienced dissolution (not intellectually but energy-wise). Once this state is experienced for a while, DO NOT ever use the 3rd junction point ever as the exit. The reason for this will be discussed later. So, this means that only during the first time of use of this technique, you have to use 3rd junction point to exit with the bull. After you have experienced a mild sense of ecstasy, switch by exiting through the 2nd junction point whenever you practice this technique again. The whole mechanics of the bull technique will be discussed later.

This is where you don't even have to think about what you want and the best things will come to you naturally.

Just do it a few times (say 10 to 15 times) and the state of Samyukti will come and never leave. Don't try to intellectualize that state because it is independent of mind. Since this is a complicated visualization technique, I'll write it into steps.

The steps are as follows: (During the first time of use)

Put yourself on the bull (Sit on the bull)

As you breathe out, watch the bull starting from 1st junction point(center of the throat) move upwards.

When you reach out of breath and the bull has exited through the phantom limb (3rd point).

Dissolve yourself (the one sitting on the bull) in thin air.

As you breathe in, watch the bull descend back entering through the 3rd point and coming back to the 1st point (The base of the throat)

You can repeat this immediately in the next breath, or wait, prepare and then repeat the process.

Once it is done for the first time, follow the same steps, but from now onwards use the 2nd point instead (between eyebrows) to exit with the bull. It is important to follow all the step exactly how they are told in this book. You can also develop a phantom limb between your eyebrows but that's not necessary. This might be difficult to follow initially, but with time you will be able to do this technique effort. THIS TECHNIQUE IS VERY POTENT WHICH MEANS IT CAN ALSO CAUSE SOME SERIOUS TROUBLE FOR YOU IF NOT HANDLED PROPERLY.

Although we have employed the bull as a safety mechanism. That bull will not let you drain your energy body completely. Only the person you "BELIEVE YOU ARE" will dissolve. Although, this problem mostly arises for those who are capable of shifting their life energies/prana/chi to different part of the body. The black bull is the witness which is your true nature. The person sitting on the bull is the "inner voice, mental paradigms, emotions etc and some manifested energies.". When I stumbled upon this technique, I recklessly used the 3rd junction point without the bull because I was feeling "ecstatic" when I used it. After sometime my head became light and felt as if life has been sucked out of my body, my awareness became so faint and feeble that it felt as if the life energies of my body were saying they don't belong to me anymore.

When I tried to transmit my energies to a salt crystal to make my family situations better, similar things happened. I just felt like life has been sucked out of my body. Know that nothing fascinating and wonderful happened after that. The only thing that happened was I caught fever and diarrhoea the next day. I snatched my energies back with some karmic substance that the salt crystal gathered from its environment. Whenever you try to take away or snatch chi/prana/life force from something (plants) or someone(animals), you also take their karmic substance. Similarly, when you transmit it to someone or something (any object), you give your own karmic substance to them. Because I was feeling feeble and lifeless from overusing the 3rd point to exit, I tried snatching life force from a grasshopper and a plant. Nothing remarkable happened because it was almost negligible. This seems to work better with people because their experience of reality is much more comprehensible to us, although the karmic load is much greater than the life force gained. Stealing people's chi is stupid because it is harmful to you and them. Also, the thing is, it is difficult to do with strangers because there is no connection. Honestly, the energy transmission and reception are always happening between everyone we surround ourselves with. The only question is to what extent. Transmission and reception become easier with closer contact but is still possible from faraway. If you want to play with energies the best place to do it will be under the banyan tree because its roots are well grounded. This is the reason why I told you to not use the 3rd junction point after one time of use. You can get anything you want even if you use the 2nd junction point. The 3rd point is just for the sake of initiation or kickstarting the engine. You don't even need the bull for the 2nd junction point. The second point is similar, just that it falters out life energies to a huge extent, which means life energies remain inside the body and only the subtle body or the observer does all the work. Just like a physical structure of creation, there is a separate energy system in this creation. This energy system governs the functioning of the physical structures, all of its laws and psychological structures. This means the physicality of things are superficial in nature. Everything is a form of energy and can be felt as energy. Do you know why a child is always born from its head when popping out of its mother's belly? This is because the subtle body enters the child from that spot. Subtle body is a mild mix of pure consciousness and subtle karmic energy that makes you "you". Many people call it soul,

but using that term without having first-hand experience with it would be misleading for people. And then again by using terms like soul and God without scientific evidences may divide audiences. Things are a certain way for a reason. Creation looks and happens in a certain way for a reason. These things include humans having 2 eyes, specific arrangements in the brain, a 3-dimensional reality, water being colourless and shiny, 8 planets... everything.

I have put my energy into this process and transmitted it to you through this book. Make the best use of this technique and manifest a beautiful world. This kind of stuff may sound a little dark, or maybe like the dark arts of the universe. The most powerful things are also the most mind bending in nature. The best guidance system is within you. Which is why you must listen to it, always. If you think this technique is causing some trouble for you, stop doing it. This state of mind is not essential to manifest your desires. This technique is for those who want to become the law of attraction more than manifesting things using it. The technique is occultic in nature. There are other simple techniques that you'd like to go over if you are okay with moving there slowly and steadily. Another simpler technique that you can follow would be simple observation of thoughts and emotions. This would slowly show you that you are not the thoughts and emotions but the one observing them. Slowly, the observer will disappear too and all you'll remain with would be pure consciousness. This pure consciousness is the one responsible for all the creation you see around yourself. If you soak your mind in this pure consciousness with an intent, it will give you practical steps and structure your mind around what you seek to have and give it to you in the most practical and quickest way. Also, upon realizing that you are not the mind, body, emotions or energy but the one observing them, you will detach yourself from seeking things in life and align yourself more towards seeking the experience that those things bring. This kind of detachment from the world is an excellent trait of a LOA practitioner or in yogic terminology a vishuddha siddha.

Once any one of these techniques is embodied by the individual, there is nothing that the individual cannot achieve. These are like the bridge that connects you with pure consciousness. The consciousness that manifests your experience of reality. The black bull technique works on the upper 3 chakras which are vishuddha (base of the throat), ajna (between eyebrows) and sahasrara (3rd point on the phantom limb).

THE MECHANICS OF THE BLACK BULL TECHNIQUE

Now we will look at this technique from an energetic viewpoint.

Your mind is like a torch. Every torch can emit a limited amount of light (limited power in watts). Let's say that you have two lenses, one that scatters light and one that concentrates light at one point. Now, which one do you think will burn the paper? The one that concentrates light at one point. That's all the black bull technique is doing for you. It is just removing all the scattering of light and concentrating it at a single point. The problem why many people struggle with manifestation is, they have already invested their energies in wanting something or many things at the same time. The experience of want may not be present in the conscious mind but it is still there. The life energies are already invested in "wanting that thing". When you look at a beautiful car and say "wow it is amazing, I wish I had it" you have committed your energies in wanting that car. A thought and an emotion manifested even for a brief moment can invest your energies in that direction until the desire of that thing has gone or fulfilled. This means that those things will consume your energy even when the thought of wanting them has gone away. There are so many things that a person wants and all of these things cause his energies to become scattered and weak. All of us have a limited amount of energy and time on this planet. The black bull technique will simply empty your current sense of self and fill it with what you desire. If you seek wealth, your mind will purely

become a wealth producing machine. This technique is just like removing all the old furniture from the room so you can put something new in its place.

We must remove all desires for now and focus on investing our energies on one thing until it is manifested.

Look at everything that you want. Or you can write everything that you want on a piece of paper. Now, with every wish that you have written down, realize that all of those things are consuming your life energies. The black bull technique will remove all of these desires for you anyway. So, once you have finished removing all these desires, focus on what you wanted. This will direct all of your energies in that direction. This will make your manifestation 100 times more powerful if not more because now the mind is not going in all directions. It is focused at one thing. Keep your mind on this thing for a while. Expect miracles to happen. Then you can use the same technique to abandon what you manifested and that would make things come into your life even more rapidly.

The reason why the black bull is sitting on the base of the throat is that, that point energetically resembles a filter. That is the point of filtration of negative thoughts, energies and emotions. This point is also called vishuddha in yogic terminology. Vish means poison, shuddha means purification. This is the point where you block all negative energies coming from above to enter your lower energetic system. But necessarily only for those who have their kundalini awakened and dissolved in pure consciousness. A similar concept was discussed by Albert Einstein. He called it the squelcher. Vishuddha is the center where all personal power resides. The black bull symbolizes power and sheer momentum. A thought or desire is if energetically and consciously generated from this point, will create so much inertia in reality that nothing will be able to stop it or slow it down just because of its massive momentum. It will be like a fighter tank walking over small plants and bushes.

The second point is Ajna, which we already discussed earlier that it is the energy center of knowing the fundamental nature of reality.

The third point is called Sahasrara in yogic terminology. This is where the subtle body is said to enter the body. Energetically, there is an antenna on your head. This antenna gives you a sense of being which is independent of the physical body. If you go to sleep, you don't disappear. You lose awareness but consciousness is still active. Consciousness is different from awareness. Awareness is limited but consciousness is infinite because it is fundamental to creation. Ajna is a way to access pure consciousness but Sahasrara is the consciousness and the source of creation. But this doesn't mean that, that part of the energetic body is causing the reality to happen. It is manifesting the fundamental experience of reality, which is unsolicited of memory and any form of energy. To feel Sahasrara, you have to create a distinction of experiences in your mind and imagine what would happen if you shut all of them down. Let's try it now, imagine your thoughts happening. Thoughts are a form of energy so we must imagine what would remain when the thoughts are gone. Ok, so what remains? Awareness. Now waking awareness of sensations felt on the body. So, let's imagine what would remain without thoughts and sensations. An observer remains but the observer is also observing something with a certain perception. There is a mix of energy with consciousness. You may or may not be able to sense the scent of energy in this because it is subtle in nature. Energy involved in perception too. Now, to watch things through sahasrara imagine yourself without thoughts, sensations, awareness and perception. The thing that remains is pure consciousness unsolicited to any forms of energy. This is the eye of Ajna or what people may generally call the third eye. The third eye is not actually an eye to see things a certain way. It is a state. Now, if you access pure consciousness and are watching the world through this eye you see consciousness in every

atom and even in empty space but when you use the third eye to look at yourself, your energies shift into Sahasrara.

What some people may call “god”, enlightenment, true nature of creation or infinite consciousness, you can also call it death, because you are no more if you shift there completely. You don’t have to believe what’s being told here until you see it for yourself, but there is a thread attached to the belly of your causal body, that connects and binds “you” to the body.

If one stays in pure consciousness for too long, the soul will try to assimilate itself into the pure consciousness/ultimate. So, basically, the person would die, if he stays there for too long without some support. This thread is what keeps the causal body (soul) attached to the body, but the nature of pure consciousness is such, it would suck the subtle body from all directions and try to dissolve it or in other words the causal body will begin losing memory in pure consciousness, which means the soul will start to dissipate energy rapidly.

The effects of tapping into pure consciousness and becoming everything with a living body is that, the physical body and the mind starts to lose all entanglement. Losing entanglement might sound like something good is happening, but if your genes or your neurons lose all entanglement, you’d simply die or go crazy. You’ll stop being a human and turn into atoms.

10 SAMYUKTI

Transcension and full self-realization. Know what you truly want and then manifest it.

Watching and watching from the eye that has nothing to watch, yet it plays along with nothingness shouting that it is everything. Fiddling with ideas, creatures, sciences that originated all from within. Yet still so unknown. Look at you and I who are so soaked in things we show to ourselves and not in what we are.

Philosophy may come in handy to open the dimensions of spirituality and spirituality will always lead you towards mysticism because it questions your existence. This journey is not only the most profound one but also the sweetest. Once the dimension of Ajna has opened up for you, you become like a superconductor. Everything comes to you naturally. Not just that, it also opens up the gateway to a glimpse of something that is far beyond the ordinary joys of life. Once you touch that, there is no way you’d want anything but that and someday, you will get it.

Meditation is where you can begin your journey to master manifestation. The sole purpose of meditation is to raise your awareness. Raising awareness to a point where you can see and know things about yourself that you didn’t know before. If you want to manifest an eggless chocolate cake but have an emotion from when you were told by your friend that cakes are made out of pig fat oil, you will witness a negating emotion, which will resist your manifestation if you don’t eat pigs. Or maybe you were insulted by someone in your childhood for wearing a trashy pant and ever since you didn’t buy anything of that kind. Emotions and biases have a habit of seeping into the subconscious mind from the back door of awareness. Meditation will help you see these emotions and accept them. Once anything is seen and processed by the conscious mind, the subconscious mind gets it off of itself because that information is already processed and doesn’t need attention anymore. This is also why putting up manifestation posters all around the room is a good way to manifest things you want. This is because something that is outside the conscious mind stays in subconscious mind to get processed. If you don’t put too much attention on the cues that a poster created, the subconscious mind will begin processing on that immediately. The subconscious mind

sees everything that your awareness misses and puts more attention to what's being missed. This is a survival mechanism, in a way. If the subconscious mind finds clues that you are in some danger, you will instinctually know that you are in trouble. But this is not just a survival mechanism. The subconscious mind is shaped by pure consciousness. It has access to pure consciousness at all times.

Things that are yet to be processed by the conscious mind stay in the subconscious mind, which means they are keeping the mind is invested in that cue. This is also the reason why forgetting what you manifested brings the manifestation closer to you even faster. If the mind is invested in something, the energies are also being spent on that thing. This means one needs to either engage himself through conscious repetition of something or put posters around.

Either do it through conscious effort or do it using subconscious cues or do both.

The choice is yours because you are a conscious being. You have a choice over things you do want and things you don't want in life. Everything that surrounds you is just a reflection of your own beliefs and mental paradigms. Sometimes these patterns are embedded inside us so deep down that they almost become a part of ourselves. The blackbull technique will distance you from everything you believed you are. Ultimately tapping you into the state of samyukti or coherence which will transform your mind into whatever you shape you desire to give it. Basically, making the mind very plastic and easily changeable.

It is very time consuming to detach yourself with hundreds and thousands of identities that you have taken simply through watching and accepting them through awareness. Black-bull technique will help you remove the entanglements of karma but this also means that it will empty you very fast. Before practicing this technique know really well who you truly want to become and focus on just that. Visualize how you'd live and eat after becoming that. This will implant new karma in your body and make newer mental paradigms. The state of being able to become whoever you want to become is called coherence or by the Sanskrit word named Samyukti.

Everything is your own manifestation. Once you see it in everything, you will naturally stop giving attention to things that you don't want in your life. The biggest hurdle of life is the ego. Ego fears failure because it is trying to survive. Survival is surely of the fittest, but the fittest can only survive, never expand. Do not listen to negative emotions because they are the source of survival mindset. Start creating new things in your life. Creativity is a sign of expansion. Become the god you were destined to become. You are indeed the center of YOUR universe... And so, creation begins from within you.

Author's note for the readers: Thank you for reading my book. I'd like to ask you for your 5 minutes. Go to amazon and give an honest review of this book so that I can improve the quality of the content I make and help you understand things better. If you are willing to go all the way into this and need support to understand how you can employ this in your personal life, just mail my support team at: shufash.co@gmail.com. They'll help you with everything they have. I'd like to potentially add more self-help LOA material on my website. So, be ready for some juicy content in the future. May you live a profound and fulfilling life.