

The High Vibration Guide

A Guide to Boundless Manifestation Potential

Contents

Introduction	4
Aren't you bored of this?	4
What is law of attraction, in essence?	6
Why does this force exist?	7
Knowledge Will Raise Your Vibrations	8
Tamasic	8
Rajasic	8
Sattvic.....	9
Why Raising Vibrations is Important for Manifesting?	10
Don't Put Conditions Over How You Want to Feel	11
How to Deal with Negative Environment?	12
How to Raise Your Vibrations?.....	15
What's Stopping You?	15
Raise Vibrations No Matter What Situation You're in	16
The Power of Unique Sounds.....	17
Sounds of Creation.....	18
Consuming the Right Foods	21
5 Worst Foods to Eat When Manifesting.....	21
5 Best Foods to Eat When Manifesting.....	23
Right Foods for the Five Senses	25
How to deal with negative conditioning?	26
Become What You Want to See.....	28
Multiple Choice Questions with Answers	29
Optimistic Mindset VS Applied Optimism.....	32

Introduction

This book is for anyone who is actively practicing the law of attraction to change their lives. You've placed your bets on the law of the universe, so you better follow through and let it guide you.

Aren't you bored of this?

I never understand why manifesters do it. Why manifest repeating number? Why manifest signs from the universe? Why expect something to happen within a month? There's more to the law of attraction than most people know, both, in power and potential. I've seen people intentionally miss the main point of the law and keep walking around it for months and months on end! It's like they're on a morning walk and they have to complete 10 laps before going home. I'm here to tell you that those 10 laps aren't necessary, and you won't feel guilty if you just reached the destination – right now.

While most people believe visualizing things and thinking something repetitively is all it takes to manifest results, not everyone's able to do it. There's more to it! Family situations, friends' influence, responsibilities, ugh, don't get me started on limiting beliefs! I understand that. It might seem hard to change the seeming external situations, and it's not like, you know what'll come next moment. How would you know a certain someone is going to come and greet you 5 minutes from now? That's an open-ended question.

When you visualize riding an amazing car or feel the fresh air standing atop Burj Khalifa's observation deck, how do

you feel? Uuh, have to do the dishes, need more food, oh no, the magic candle's going to run out! That's not how you feel when you're living your dream, do you? Trying to manifest something into reality while feeling a sense of indifference is what stops people from truly manifesting their dreams into reality.

No, look! I'm so happy, I'm dancing! Your happiness shouldn't be the superficial one, where you put up a happy mask and show how happy you are to yourself. Genuine happiness is a consequence, not something you have to consciously do or act out to feel. It's a consequence of consuming positive food, not just through your mouth, but through all five senses. If a colleague walks by and calls your hair and dress cute, doesn't it make your day? Likewise, when you wake up in the morning, how excited do you feel? Every moment factors in.

Imagine creating a graph that records your emotional state (vibrations) throughout the day. Your goal must be to increase the values on graph or increase the average of how you feel throughout the day. However, if you force this emotional high, you're just preparing to catapult yourself backward.

And I don't want to address high-vibration with the word "true happiness" because it's no longer authoritative. Everyone's using this word, and so everyone has built certain impressions of it in their minds.

You have to want to turn your life around, first in your minds, and then, in the 3D reality because that's the true chronology of how everything works. First, it happens in

your mind, then in reality. Here, I'm not talking about a quick visualization session. There must be a shift in your very energies, and that shift cannot happen without a shift in your vibrations. You need to FEEL like a different person, and this book will help you do that!

What is law of attraction in essence?

To get us on the same page, let me briefly explain what law of attraction is and how it works from a universal standpoint.

Our planet is continuously falling into a large celestial body called the sun. The only reason they don't collide is because earth keeps avoiding the sun with its sideway motion. Likewise, you're falling toward your future because your heart holds desires. Without a desire you wouldn't want to lift a finger.

Everything we experience in our lives are attractions of our own thoughts. What we think, we become. And what we become; we see. When you envision a future in detail, your reality naturally gravitates toward creating that future. This force of attraction is always working, and has created the experience you're living right now.

Without this force, your soul wouldn't be pulled toward a new body/vessel to be born. Without it, enlightenment is not possible and nor is that recently discovered black hole. This quality is the very nature of the universe. It is everything. Nothing can exist (take form) or move without this quality called gravity or attraction.

Why does this force exist?

Well! It's not a force but the very nature of reality. When two planets gravitate toward one another, they're not being pulled by each other. They're just not being pushed hard enough to stay apart.

In other words, you can say, masses don't pull each other, it's just the space between them that gets smaller. But that's not exactly true either, because no matter how wide span a space is, it's always infinite.

Mind bending, eh? Well, this is the law of attraction in essence, at least involving the physical aspect of it. In the psychological and metaphysical landscape, this law is functioning the same way. Your heart desires something, so you're pulled toward achieving it – IN YOUR MIND.

You're always being pulled toward your desires, which means they'll always manifest, but the problem is, there's resistance. You're putting extra effort to continuously push the objects of your desire away from you. And this resistance is created from pessimistic outlook on things, stereotypes, and negative self-talk.

People doubt and grow anxious about what they're trying to manifest. If you feel lower vibrations creep up when practicing LOA, don't worry, as it is normal. The very reason you're practicing is so you can transcend, not overcome, that negative down talk. Don't fear it, just continue affirming, visualizing, and scripting, as repetition with emotional engagement is the only thing that matters. Don't fret even if negative down takes you over right after your visualization exercise. Just trust the process!

Knowledge Will Raise Your Vibrations

Only knowledge can free you from suffering. And this knowledge should be of positive nature. There are three classifications of knowledge: negative (Tamasic), beneficial (Rajasic), and divine (Sattvic). These three have different uses.

Tamasic

Tamasic knowledge will lead you toward the negative and lower your vibrations. So, you must already know what kind of knowledge this must entail. All the “red pill” influencers, pick up artists, those that teach you how to cheat, harm, steal, and dominate fall into this lowly category. No matter how mentally sound their logic is, how true their research studies are, the nature of their knowledge is Tamasic (negative), and that knowledge will never take anyone to a higher frequency. It is also called demonic knowledge, and it leads one toward neurosis and unimaginable suffering. It is best to steer away from “knowledge” that’s of Tamasic nature.

Rajasic

Rajasic knowledge is beneficial for achieving materialistic goals. So, this could include knowledge that would help you make more money, gain influence, and enable you to get more from the world. Most of science and technology fall into this category. So, if you’re reading a book on weight loss, engineering, marketing, or how to make money, then that’s for achieving materialistic goals. All of them would fall into this category.

In addition, sometimes, Tamasic knowledge may be presented to you as Rajasic by some influencers. They often do this to sell you something, as nobody likes buying books, courses and material that would put a negative impact on your life. For example, someone might sell you a book on making money, but their book would present unethical and downright manipulative tactics to trick or scare people into buying your products. You can find countless examples of these in the online communities, and I believe you're intelligent enough to spot and steer away from such communities.

Sattvic

Sattvic knowledge is of divine nature. It detangles you emotionally from the world and bestows you with divine knowledge by giving you elemental perception. By "elemental perception" I mean, you can perceive the 3 individual elements in their individual form that come together to make the universe: Space, attraction, and observer. Energy is present everywhere in either undefined (outside the universe) or defined (space, attraction, and observer) form because it's the scaffolding of reality so it can be omitted.

While this knowledge may not grant you with incredible materialistic abundance and happiness, it can give you the sight to see, clearer than anyone, how anything, including wealth, is acquired.

Why Raising Vibrations is Important for Manifesting?

High vibration is just another word for no-resistance, and when you're not resistant to ideas, feelings, and external situations, you're in a state where you can manifest anything seamlessly. A high vibrational state is a valuable skill that'll get you around anywhere in the world effortlessly.

In short, you'll manifest only when your vibrations are high because that way, you're conveying to the universe that you already have what you want.

The rut that people create for themselves definitely looks like a hard thing to come out of, because it's uncomfortable to take responsibility for everything they're experiencing in the moment. But just so you know, it's not really that difficult. I know, it can be scary at times, as there are so many inborn lie-based fears we've created through social conditioning. But raising vibration and feeling good never lead you to a negative outcome.

You might think, wouldn't it seem like an odd shift when I meet my same old friends and family members. Wouldn't it be so awkward for them? What if they think I'm acting it out? What if they don't welcome it?

So many what ifs and buts may course through your mind, but you know what? That does not happen! When you are genuinely happy and excited for something(?), everyone mirrors you and gets curious. Isn't that interesting?

Don't Put Conditions Over How You Want to Feel

All humans have a causal thought process. If I won a lottery, I'll be so excited. If I could impress my parents with good grades, they'll be so proud. If I could win this game, I'll feel so accepted and acknowledged. There are hundreds of these ifs waiting to find expression inside you. You don't have to fulfil them to put yourself in a high vibration, but you have to put yourself in high vibration to have them be fulfilled for you automatically. Naturally, your behavior won't just change just by knowing this. You have to contemplate on this to reinforce it.

Think why it is the case, look back in retrospect how acquiring things that you've always wanted made you happy only for a few days. And also, sometimes, you may have noticed that getting the objects of your desire move you into a state where you don't want/need them anymore. Some people also feel burdened by their wealth.

The more memories you recollect of such happenings, and the more logic you build around the statement, "happiness isn't something that's earned", the easier it will become for you to stay detached from the outcome of your manifestation practice. As this happens more and more, you'll notice that your manifestations start coming to you effortlessly because you don't have one bit of resistance in you. As a fringe benefit, you'll also feel more energized, because you won't be creating subtle energy knots inside you body to compensate for things you want but do not have.

How to Deal with Negative Environment?

This common problem spreads through a broad spectrum of situations, severe for some, not so severe for others. People often find difficulty dealing with people they live with and allege that their environment is stopping them from manifesting what they want.

I know, many people visualize one thing, and their friends, colleagues and family members remind them of the opposite. And you cannot directly say that those people are extensions of your own subconscious mind (or Chitta).

However, it is important to know that people always respond to you by reading your mental language (mental language encapsulates body language), which comprises of 5 rigid aspects: name, shape, knowledge, power, and love. Every person's chitta/mind/domain has these 5 attributes which make them unique in this world. While they may be too oblivious to articulate or discern these 5 aspects from you, they do experience a conglomeration of the 5 in their awareness. When you're expecting people to say something, they'll definitely say something similar.

What's more interesting, when you visualize the good and nurture a positive outlook on things and people, you naturally raise your vibrations, and people reflect that. Not because your vibrations are high, people reflect, but because they see the conglomeration that you are; of the name, shape, knowledge, power, and love. Well, you can say that it is, holistically, because your vibrations are high, but I prefer not skipping any logical steps and articulation.

The foundation of this universe is not primarily derived from the law of attraction. The law of attraction is just a representation of reality.

When someone gets to know your name, they pick up a scent of what kind of person you are, just in unarticulated form. Your name is something you've been hearing since childhood. It is a collection of sounds, and every sound of your name has a quality to it. Repetitively listening of these sounds (your name) can shape the way you are as a human being. These sounds can be studied/realized and applied to the technology we call the human body. We'll talk about sounds and their impact on your vibrations in the next chapter.

Now, there could be countless logical steps through which you could approach understanding the behavior of people around you, but that effort would be fruitless. It's inconsequential to change people or think/manifest them into someone else.

If you cannot free yourself from certain situations, let them be as they are. Rather, focus on raising your vibrations. As you do it... you shouldn't be worried about everything falling into place. You stay the same, whether or not, everything falls into place. That's how you should be for your own good.

Don't believe the outcome is in your hands! The law of attraction community has brought many harmful ideas to the table. The external world works on consensus, not manipulation. You should definitely strive to manifest the outcome in thought and action, but never cling to

“manifesting results”. “Manifesting something” implies that you’re still attracting it, which means it hasn’t manifested yet.

In contrast to popular belief, people often mistake “expecting results to manifest” with “expecting results”. The very idea of manifesting something becomes a hurdle for many. You don’t have to perform mental gymnastics to manifest successfully. You don’t even have to think about manifesting it. Just do the practice, and leave the manifestation part to whoever you deem worthy.

How to Raise Your Vibrations?

What's Stopping You?

For an average person, raising thought vibration isn't as simple as flicking a switch. There are external situations involved, people want and expect you to behave a certain way, you don't want to be taken for granted, and you have your own needs. Moreover, changing all of a sudden also brings the fear of being judged.

In addition, there's so much in a human that's programmed through evolution, like the need for food, love, social interactions, acknowledgement, safety, fulfilment, etc. And all of these nature-given wants have a tendency to lower our vibrations (or limit them). These physical and emotional desires force us to "manage" our way into high vibrational states and make our internal states ephemeral.

Furthermore, in today's day and age, people are simply wasting their energies throughout the day by creating unnecessary desires minute by minute on social media and entertainment channels. Yes! When you're watching a movie, scrolling through Facebook, and talking to friends, you're actually spending your energies creating tens of subconscious desires every minute.

When you conceive a new desire, certain amount of energy is invested, forming a knot in your heart chakra (or Anahata chakra). This knot, in turn, occupies a space and sticks to your energy body like a parasite, continuously siphoning off some of your Ki or life energy until the desire is fulfilled. The rate at which this happens depends on how strong a desire you have.

To raise your vibrations and manifest more powerfully, one must create a single knot and reinforce their desire through visualization. This way you channel more energy into the knot, thereby helping manifest faster and bigger.

Raise Vibrations No Matter What Situation You're in

There's only one way to liberate yourself from the limitations of the body, which is by becoming absolutely detached from all natural phenomena. This internal mental state, when achieved, takes one to their divine potential.

Many yogis and saints of the past and present nurture detachment (also called "vairagya" in Sanskrit) by contemplating upon the limitations of the physical and practicing Sama, Dama, Uparati, Vivek, Shraddha, and Samadhana.

Sama – Control of the mind through calmness.

Dama – Practice of meditation while withdrawing all 5 senses from awareness. Here, one sits in a vertical posture, closes the eyes, and visualize a static image in mind.

Uparati – Renunciation of unnecessary activities.

Vivek – Acquirement of divine wisdom and development of a non-dual perspective.

Shraddha – Devotion in the true self, God, guru, or the ultimate.

Samadhana – Concentration to the point of dissolution.

When you contemplate the limitations of the human body, you become disenchanted by emotions and naturally tap into your bliss body. This doesn't necessarily mean you abhor the world, nor does it imply that you don't involve yourself with it. Absolute detachment implies freedom from all worldly movements, yet you still fulfil your duties and live a life as a human being.

The word vairagya is made from two, **Vai** – which means to dry, and **Raga** – meaning passion, color, or juice. The

To one who is devoid of all worldly pleasures and pains, divine knowledge comes naturally. It's like the veil that is human is

removed and the person has become an aware cosmic phenomenon. For such a divine entity, controlling vibrations, energy transmission, ego morphing, mind transfiguration, and many other such capabilities come naturally.

Vairagya is a state of mind that comes through practice and allows one to control the restless mind. In a perfect state of vairagya, a person is able to preserve and store the energy that is normally drained through the conception of worldly desires. In addition, with vairagya, one is also able to tap into the true form of meditation called samadhi, which allows one to stop draining their energy through the 5 senses.

Engaging in the physical, emotional, and mental activities, even a single thought consumes your energy. So, when you're scrolling through social media, creating new "wants" by looking at other people's lives, looking for new friends to make, all of those activities succumb your energies to the bare minimum. It's like the default for people is to run on battery saver mode. With such low energy state, it'll become difficult to keep the vibrations high because there's not enough energy/vitality in the body to support that.

The Power of Unique Sounds

Our reality is an aggregation of sounds. No matter how complex and chaotic a music the universe is, everything has emerged from one sound. It begins with a qualityless sound that bandwidths from "aa" to "oo", and ends with a "mm", that has a natural occurrence when the "aa" and "oo" ends. In fact, when you utter "aa", the sound already has a subtle "mm" to it. These two sounds are the basis for all sounds and vibrations.

When you vocalize a letter, you're just twisting your tongue and lips to speak "a" in different ways. When you vocalize certain sounds, you create certain forms that affect the space and energy around you.

You can realize the effects of these sounds but that's too much work and it might take a long time of practice. However, you don't necessarily have to realize these sounds to apply them. They're equally as potent for every person in the world, either good or bad, knowledgeable or not.

In addition, unlike affirmations, chanting these sounds is a more direct way for manifesting things. Sages have passed on 11 unique words, especially engineered by combining certain sounds, that directly change your vibrations. You don't need to visualize the end result, affirm day and night, and change your beliefs for things to manifest. When you chant any of the following words, that are also the names of unique deities, they bestow their form, knowledge, power, and love to you. They are intelligent, yet mechanical, celestial entities, and have qualities of their own. When you visualize the vocalization of these sounds, you form a divine connection and let the deity's energy flow through you. We're not going to discuss the forms of deity but only the sounds.

Sounds of Creation

These sounds are special and the foundation of celestial entities that work together to manifest the reality as we experience it through our bodies. You'll notice that every word ends with a "mm", which is always reverberating as the scaffolding of creation. This means, the "mm" dissolves your chant into space and continues to reverberate even when you stop vocalizing it.

HAUM

This is pronounced as "hoom", where "ha" represents the space element or Shiva, and "aum" represents that which never ends (or the base of creation). When you vocalize "ha", there's an explosion of space or a new dimension, and "aum" is the base sound of creation, which means it's eternally reverberating without break.

DOOM

Not “Da” from “drum”, but “Da” from “the”.

This is the most powerful energy sound in the universe, as it has the strongest impact. Unlike “ha” which is inert, this is explosive in the sense that it exudes energy. The word closely resembles the sound of Shiva’s damaru (a special drum), which created the universe.

KREEM

The sound “Ka” has the strongest physical manifestation because it subtly represents rubbing action, attraction, and impermanence. “Ra” is the very nature of fire. It turns the downward flowing energy, that moves from the symbolic sun inside the body to the 5 senses and desires, upward. It increases Sattva in body and decreases Tamasa.

This word is particularly useful in attaining a positive aura, mind, and knowledge, as it naturally destroys negative energies (or low vibrations).

GAM

Pronounced as “Gum”, this word is used for removing obstacles from the path and sorrowness from the mind of the chanters.

HREEM

Again, “ha” is space, “Ra” increase your energies, “EE” raises your vibrations, and “mm” is the base sound. This chant is associated with the 14 temporal (and illusory) realms of creation and gives one divine joy and bliss.

SHREEM

The word “Sha” symbolizes abundance, in wealth, health, and mind. And “REEM” has the same symbolism as that in “HREEM”

AIM

Pronounced as “A-ey-m”, this chant invokes the vibrations of Sattvic knowledge, wisdom, arts, and music.

These sounds are elementary to the human soul and creation. They are also known as the Beeja mantras in the eastern way of looking at things. The word beeja means seed. A seed that’s sowed in the soil bears fruit, which is enlightenment or samadhi.

In addition, anyone who realizes these sounds gain a unique ability or knowledge associated with the sound’s quality.

Realization, here, means being able to discern sound from no-sound or Shoonya samadhi, a state of meditateness where one has totally withdrawn awareness from everything. In waking reality we’re unable to perceive continuous reverberation of the beeja sounds because we don’t know how different it would feel when they are not reverberating.

Consuming the Right Foods

You may have created an idea that certain foods are healthy and some aren't. For instance, consuming homemade vegetable chicken sandwiches would be a healthier option compared to a meal from Mc Donald's. For someone who's trying to build a great physique, they must eat high protein and low carb meals. Those, who want to feel energized throughout the day may consume differently than gym goers and body builders.

Likewise, the yogic approach to food differs greatly from contemporary food sciences. We classify foods into Tamasic, Rajasic, and Sattvic. As per this classification, eating the associated food type reinforces either of the three qualities within our bodies and minds.

If you eat Sattvic, your way of thinking and energy levels will follow the sattvic. So, if you feel anxiety, fear, depression, and you start a Sattvic diet, these psychological ailments will naturally begin to recede.

If you eat foods that are Rajasic in nature (or those that are solely eaten for taste), they will empower the Rajas in you, you'll turn into a foodie, and build passion for worldly objects.

However, if you consume Tamasic foods, they'll create lethargy in your body, make you feel groggy and create energy routes for negative emotions, such as envy, jealousy, greed, anxiety, etc.

You can Google any food to see if it's Tamasic, Rajasic, or Sattvic. Here are some common ones categorized:

5 Worst Foods to Eat When Manifesting

Following are 5 worst foods, that sabotage your manifestation efforts and lower your frequencies. The list goes from worst to ok-ish, which means #1 is the lowest in vibration! 6th to 10th

foods are highest vibration foods that you can add to your shopping list.

#1. Meat and Alcohol

While many suggest that meat is essential for good nutrition, it also makes your energies sluggish and compulsive. An animal that's killed for food dies in the lowest frequency possible, which is fear. The body of the animal retains these vibrations long after death, due to inertia. So, avoid meat if you don't want to assimilate low frequency into your blood. If you really cannot stick to a meatless diet, you can eat anything that's much far away on the evolutionary scale, like seafood.

Alcohol is made from fermented fruits, and anything that has gone under fermentation develops Tamasic qualities, which means these consumables will develop emotional instability in you.

#2. Garlic & Onions

While garlic and onion are spices that have several benefits when it comes to treating different ailments, regular consumption of it makes your body tolerant to it. By nature, these spices are neuro-stimulants, which means they may raise your vibration for a while, but immediately lower them the moment they're out of your system.

#3. Cold Drinks

Processed sugar is yet another drug that kicks up your vibrations only for the moment you're consuming it. Refined sugar barely keeps your frequency high for 5 minutes. It's okay to consume sugar, but do it under moderation because many people have built severe addiction! Consuming these in large quantities will add yet another condition without which you'll not be able to raise your vibrations.

#4. Caffeinated Drinks

Tea and coffee have similar effects when compared to garlic and onion. They raise your vibrations greatly, but lowers them too much when they're worn out. When consuming caffeinated drinks, pick the ones that get to your bloodstream steadily (for example, tea).

Also, carbonated drinks are packed with, well, carbon dioxide. CO2 is something that your body throws out, if you take it in through other means, it makes you feel groggy.

#5. Grains

Eating grains is no big deal, as they don't affect your vibrations much. So, I've put this at last. However, remember that overconsumption of anything will lower your vibrations (especially grains), and make you feel tired. Anything that puts a toll on your digestive system creates inertia and brings your energies down.

It would be great if you eat less and manifest more!

5 Best Foods to Eat When Manifesting

Following 5 foods start from good to the best you can eat to raise your vibrations. So, the last ones are highest vibration foods.

#6. Raw Fruits

Raw fruits are nutritious and don't stay for long in your system. They help you feel energetic and active throughout the day! As fruits ripen up, their Tamasic qualities increase because ripening of fruit promotes bacterial and worm growth inside the fruit.

#7. Green Veggies

Green vegetables are packed with nutrition and don't create inertia in your body, which means they are effective for anyone who wants to accumulate positive energy in their body. However, washing vegetables properly is important too.

#8. Honey

Honey has high calories and high vibrational frequency. It doesn't create energy blockages and negates compulsive behaviors. Consuming honey with hot water boosts your metabolism and therefore, make your energies more vibrant. However, do not consume it in large quantities, as that'll turn honey Rajasic and tamasic.

#9. Ash Gourd

Ash gourd cools your body, makes you calm and helps develop focus. It has several health benefits because it is packed with nutrition, isn't heavy on your digestive system, and has high frequency.

#10. Black Pepper

Black pepper generates heat in your body and improves metabolism, which, in turn, makes your energies vibrant and free from energy blockages. It raises your energies to the top 3 chakras of the body.

However, as said before, overconsumption of anything will cause trouble, as it turns any food type tamasic.

Right Foods for the Five Senses

Not just edibles, even the foods you consume through every sense contribute to how you look and determine how you are. Impartation of qualities happen through all that is fed to the human awareness.

When you're watching a movie or series, what kind of characters and scenes affect you the most? Because those experiences will add up and serve as a foundation for your future. This is not just true with movie watching but also everything else.

Unlike the popular idea of Karma, which is apparently a bitch according to many Tik Tok influencers, its eastern and original meaning is memory. And it is something that can be acquired in the form of thought, touch, smell, sound, taste, and through sight.

In addition, doing something will give you a type of karma and not doing anything will give you another kind of karma. You can't be free from building up more of it. And it's continuously happening no matter what you do. So, the only choice you have is to decide which kind you choose to build.

Everything in the universe that we experience is a projection of our own minds. We see things the way our senses and mind interpret them. So, what we see, feel, taste, touch, hear, and smell, are all translated output of our own biology and not the actual form. When we believe that what we see and think is the ultimate truth, we give too much importance to specific things and objects that, in truth, hold no value. This discrimination creates suffering and desires. Your hunger, your ideas of family, your friend circle, your future, it's all irrelevant to that, which is the symbolic center of creation. Through continuous practice of Vairagya, when you see the world from the perspective of the

ultimate consciousness or godhead, a divine light surges into you through the Brahmananda (tip of your head).

So, no belief or stereotype about the world is true, and we're all pieces of dreams, no more than a sprouting day-old plant that'll soon be eaten and sent back to the soil. This is a playground and you're a puppet. You can do whatever you want as a being, but always stay prepared to face the consequences of your actions, either positive or negative. This is not a warning.

How to deal with negative conditioning?

You may have heard this countless times: "All fears are lies, and you'll regret not doing things that you feared". But remember, fearlessness without perception is just as dangerous and regretful.

You can choose to create a positive outlook on everything you come across, or you can stay somewhere in a middle, moving back and forth, expecting the unexpected. Obviously, people can't stand staying in the negative forever. Even you must have noticed that your happiness and sadness come and go in cyclical fashion.

However, you'll find this intriguing that people can't stand too much positivity either. When life gets too easy, manifestations come effortlessly, and vibrations shoot off the roof, they begin to fear and become anxious. These cyclical highs and lows are innate and must be broken through. And this can only happen when one has matured their understanding of themselves through discipline.

Do this for a few days and see for yourself.

See the Good in All Situations & People

When you see the good in everything, everything reflects to you the same way. As mentioned before, how you see the world is how you are, and you manifest not what you want, but who you

are. That's where both the truths converge. When you contemplate the good qualities of others and praise them in your mind, you reinforce those qualities within yourself because you're repetitively looking at them and practicing them. As you do this, you become sweeter and people can see that. People may not have articulated what you think about them, but they know it through your vibe.

Everyone has a different world and unique values. When you share your world with them, and they with yours, you notice how intriguingly different and fascinating two realities can be.

However, one thing should be kept in mind, you mustn't praise the other as an after-thought, because then that'll be inauthentic and would only be an add-on to your current state of mind. The solution to change yourself absolutely is through Satsang (or Sattvic company) and by consuming the sattvic through all 5 senses.

Listening

Listen to people who are positive. While only a select few in the western world see the positive in others, I believe Rhonda Byrne, the creator of "The secret", is a great example of a person you should listen to. There are many out there. If you scour through the internet with an intent to find them, you'll find many. I have a blog: Shufly.com, you can check that out too if you wish.

Speaking

Always speak the good without flattery. If you could do that, you'll see immediate changes in the people you surround yourself with. Don't essentially expect them to behave positively in return. What's considered morally right and you believe is your duty, you can do that.

Additionally, what's more obvious, there's no need to put others down for any reason. Your goal isn't to please people, neither to neglect them altogether. Find ways to please and words to please, for the benefit of mankind, at your own free will (not from compulsiveness or outside pressure). That's the best way to raise vibrations of your world.

Become What You Want to See

The goodness of world is already here. People live merrily and help those in need. At first, you may feel hesitant to give in, but with time, your heart will open. You'll meet amazing and positive people throughout life, who'll teach you and share with you their incredible ways of living life.

Become the person you want to see in others. When someone needs help, be the one who genuinely wants to help the person. To create positive impressions of the world, I've prepared a quiz that'll get you in the right mindset.

Multiple Choice Questions with Answers

1.) People get _____ when they fail.

- a. insecure
- b. discouraged
- c. encouraged to do better

2.) If a person ignores me, it means _____.

- a. They're guilty of something they did.
- b. I did something that I shouldn't have.
- c. Maybe they're busy with something important.

3.) Money is _____ to earn. _____.

- a. Easy; I want to know how
- b. Tricky; I need to know what others are doing
- c. Difficult; I can't earn it without a hundred employees

4.) If someone is late to the work, they _____.

- a. Are procrastinating
- b. Are a lazy bum
- c. Maybe had some circumstances

5.) If someone achieves great success, they are likely to be:

- a. Lucky and privileged.
- b. Positive and determined.
- c. Hardworking and insufferable.

6.) When someone faces rejection in a relationship, they tend to feel:

- a. Free and excited for a new chapter
- b. Unattractive and unworthy.
- c. Resentful and bitter towards the other person.

7.) If someone receives criticism at work, they are more likely to:

- a. Take it personally and feel attacked.
- b. See it as an opportunity to improve.
- c. React defensively and blame others for the situation.

8.) When someone makes a mistake, they usually:

- a. Feel embarrassed and ashamed.
- b. Blame external factors and deny any wrongdoing.
- c. Accept responsibility and learn from it.

9.) If someone experiences a setback in their career, they are likely to:

- a. Give up and settle for a mediocre job.
- b. Decide what they want to do, and move forward.
- c. Blame others for their lack of success and become resentful.

10.) When someone faces a challenging situation, they tend to:

- a. Feel overwhelmed and doubt their abilities.
- b. Avoid it altogether and seek an easier path.
- c. Tap into their divine potential and face it head on.

Answers:

- 1. C
- 2. C
- 3. A
- 4. C
- 5. B
- 6. A
- 7. B
- 8. C
- 9. B
- 10. C

Optimistic Mindset VS Applied Optimism

Many people believe just visualizing the outcome and doing nothing about it would raise their vibrations. Yes! It would, but you also need to practice affirmations to manifest what you want into reality.

High vibrations move you into a space where you can manifest anything you want effortlessly. But you'll have to manifest things regardless. There are a few ways to manifest:

1. Verbal affirmations
2. Visual affirmations
3. Subtle affirmations

You already know about the verbal and visual. Verbal affirmations are phrases you speak loudly; visual affirmations are visualization exercises that help you manifest.

Subtle affirmation incorporates any activity you do that imply that your manifestation is going to take place. So, if you're working for 5 hours a day with a positive mindset to manifest your dream into reality, you're applying subtle affirmations. Soon, if you're vibrations are high, whatever you dreamt of will manifest.

That's why, never say no to work. Many LOA practitioners are reluctant to work because they believe they can just manifest things without working. Yes, it's possible, but it shouldn't be a compulsion. Make all the efforts to create your dream life. This is applied optimism.

An optimistic mindset will grant you access to the wish fulfilling tree, but it won't make the wishes for you. You have to decide

on what you want, and stick to it. Don't go changing your desires every day. Once you've decided, focus all your energy toward creating it, and it'll definitely manifest.