

The Spiritual Guide to Conscious Manifestation

"Overcoming Challenges and Accelerating the Process"

Eckhart Tolle

ECKHART TOLLE: The most important ability to develop, not only with regards to manifestation but in the spiritual life, in the process of spiritual awakening, the most important ability is to still your mind. And but maybe that's not even the correct way of putting it, because that implies that you have to do something. But the reality is, you still your mind by refraining from doing. Thinking is still doing. When you're thinking, you're involved in doing. It's not external activity, but it's internal doing. So if we say you need to still your mind, it could lead to a misunderstanding, because what the still mind is about, it's the realization of Being, the dimension of Being that transcends all doing, and is prior to all doing, that many humans are unaware of. That's a spiritual dimension. So manifestation, any manifestation technique, derives its power from that dimension, because that is the source out of which everything emerges.

So before any, we use any affirmation or vision board techniques or visualization, become still. Find the stillness that is already there. It's already there behind the thinking mind, so to speak. It's already-- you don't have to do anything to achieve it. That's a relief. So, and that stillness empowers any kind of doing that subsequently happens out of the conscious connectedness with the dimension of stillness, empowers any kind of doing. And if the doing involves-- then if you take up thinking again-- let's say you step out of thinking or you discover that which is always beyond thinking. And then you start thinking again, it is more likely that your thinking becomes more creative. Then it is more likely that you will have insights or original insights, intuition, inspiration, a new way of looking at things. Suddenly a new idea arises. All these things happen when you are connected with the dimension that is beyond the

mind. Then the mind can be used more powerfully. You can use the mind instead of being at the mercy of your mind that is then using you through conscious, unconscious, compulsive, incessant mental noise making. And then you derive your identity from this incessant compulsive noise making, which is "me" and "my life." "What am I going to do?"

So that is vital access, the dimension of stillness. And so you don't have to do anything. Just the attention just moves there, just the attention merges-- it's almost impossible to talk about it, but you know what I mean. Just right here and now, the mind becomes still. Or you discover the stillness that's already there.

And then you can start affirmations, become more empowered, or any kind of more focused thinking. There's a problem to solve, and then you can-- to go back and forth. This is a very, maybe the most powerful way to manifest in this world is not just the ability-- yes, the ability to go be still and then to go back and forth. I'm just-- go back into the stillness when thinking. You could come to a dead end in the process of thinking about some problem, and then you go back into the stillness, back and forth. And the stillness called-- maybe just if-- maybe it's just in terms of time. Maybe it's just 30 seconds. Maybe it's just a minute. Maybe it's just 15 seconds, 10 seconds, or a minute or two or three. And at some point you don't lose touch with it. And even while you're thinking, you can still sense the Being in the background behind the thinking, which is you, the essence of you, the true essence identity. So you can feel yourself, not the ego self. You can sense the "Deep I" in the background and then they see "Surface I" operating in this world.

So we're talking about obstacles and apparent failures in your manifestation practice. You are-- things are-- you're not able to for some reason. It's not happening. Why is that? No, there can be many, many reasons why manifestation does not work for you. We could look at a few.

In many cases, perhaps in most cases, affirmations that you make that are directed towards a particular goal, in most cases they need to be combined with some kind of action. You need to do-- probably you get-- I have to get-- out of your comfort zone on your sofa and do something that corresponds to what you want to achieve. Just maybe just one action every day towards your goal. At least that's something. "What can I-- what action can I get to make today towards my goal of becoming a world-famous musician that provides beautiful music to millions of people?" Well, you probably have to play your instrument for four or five hours a day in order to become one with it, to merge with it so that the energy starts flowing.

Many years ago I was living in London, on the third floor of an old building. Most buildings in London are old. The third floor of an old building, and on the ground floor there was always somebody playing the piano. And oh, that was quite pleasant, the classical piano music. I was hearing it almost four or five hours a day. She-- a young woman played the piano. And OK, I talked to her a few times, and she was already giving small occasional concerts. And later she became, I realized much later when I'd already left England, and so she'd become almost world famous. But when I was-- she was playing four or five hours a day at least, and she seemed to be enjoying it.

That's an important factor. If you're not enjoying it, then you're making the activity or the action just a means to an end. The end is a projected future moment when you're going to be fulfilled and happy or famous, or fulfilled and happy by becoming famous. All these are wrong motivations.

So action, it may not be the case that you need to perform some kind of action for four or five hours a day. It could be just a phone call. At least it's one step. You make a phone call or two. Or if you want to write a book-- to write a-- if you want to write a book and a book that reaches millions of people and it makes their life better and in the process makes you a powerful spiritual teacher or whatever it is, and you become wealthy too. Oh, that's on top of all that. Great thing to envisage. Well, then you have to write every day. Even if nothing comes, you have to make a space for it and focus. And then the affirmation becomes empowered through action, and the action becomes empowered through the affirmation. But if it's some kind of-- do you want to create some kind of business or something like that? Again, affirmations are good, a wonderful-- Let's say you're a hairdresser and you want to have your own salon and you want everybody who comes there not only to look better but also to feel better. To have a space that's where people can feel the energy field that is of Presence and acceptance and love and harmony in your beautiful hair salon that you want to create. OK, that's great. The question is, are you a good hairdresser? Are you-- have you practiced enough? OK, if not, practice more. You need to become good at it and enjoy it and then affirmations and then take action towards creating this beautiful salon. Call possible investors. Step-- all kinds-- make a list of steps to take every day to do this. Today I do this. Tomorrow I do this.

And enjoy every step towards the goal. So that's-- enjoyment of every step towards the goal is an essential part. Often, people fail in their attempt to manifest due to excessive

attachment to the outcome, excessive attachment to the desired outcome, the end result. They don't enjoy the journey, because they so much want the end result that the journey becomes something that they want to really get out of the way as quickly as possible. They don't enjoy it. "I want to arrive there already."

That is all that prevents your manifestation from being powerful, because the manifestation rests on the realization that the thing, the desired thing, in some way is already here in the, so to speak, in the unseen. It is already here. You don't project yourself into the-- don't have it as a future goal. You take the future out of it. So first of all, you feel as if the thing that you want to manifest is already a present reality. And what does it feel like to have-- let's come back to the hairdresser, just as one example. What does it feel like to be active in this beautiful hairdressing salon where you receive people and you do the hair and you have employees and they're all happy because of the energy field that you generate? What does it feel like to--? And so you not only see mentally the kind of place, what does it feel like? So it feels like the joy of Being. That there's a joy there that's actually not dependent on anything external. The joy that is inherent in the dimension of Being. You see that, so you bring that joy of Being into the visualization.

So you, as Jesus said-- I have repeated it many times, because it encapsulates the entire process on any manifestation-- the simple phrase "When you pray for something, believe that you already have received it, and it will be yours." You can see the change of tense in the sentence. You believe that you already have received it. It's like it's already here. "And then it will be yours." So there we have the future. It's not here, but you feel as if it were already here. So the important thing is that Jesus didn't say, "Believe that you will receive it." He said, "Believe that you have received it." So that's the key, so that you understand that you don't need to read any book on manifestation anymore. It's all there in one sentence.

So failure can easily happen through making the desired goal into a future projection and then having an attachment to arriving at the future. In the meantime, you neglect the prep or the-- you may be-- yes, you may be active in the present moment, but you're not enjoying it, because you want to be-- it's a means to an end. Your action becomes only a means. Of course it is always, it is a means to an end. But the important thing is that the action is considered and experienced as an end in itself, to enjoy the step you're taking at this moment rather than just regarding this step as an unpleasant stepping stone toward some fantastic future that you want to

arrive at. But in the meantime, you're not resisting-- the present moment, in other words, is reduced to a means to an end. There's nothing more. And that is a faulty way of going about manifesting or living your life.

So excessive attachment to the outcome can be great hindrance for many people. And again, if you want to go back to ancient spiritual teachings-- I'd mentioned Jesus-- look at the Bhagavad Gita, the wonderful, the greatest, one of the greatest Indian scriptures, says about it. It says, "Do not be attached to the fruit of the action, but perform your action." It's called, in some translations it's called-- what you do is you consecrate the action. You perform consecrated action, which means you value the action you're taking at this moment, as if it were something holy. Consecrated action. And then you let go of attachment to what it calls the "fruit" of your action. And then the fruit will come by itself. You're not excessively attached to it. And in the Bhagavad Gita and Indian spirituality, it is a spiritual practice, which is called karma yoga. "Yoga" here is not-- does not refer to physical postures. "Yoga" here means spiritual practice. And karma yoga, karma-- the actual meaning of the word "karma" is action. The law of karma is the law of action and reaction. So "karma yoga" is a spiritual practice of consecrated action, which meaning making the action itself the-- your main spiritual practice. Consecrated action. So you-- and that enhances the quality of your doing, and the energy of Presence flows into the doing. You could also call it the Being flows into the doing. The power of Being flows into the doing. They come together. And that is called karma yoga, and that's been around for more than 2,000 years, that teaching. And so that's it. And again, this karma yoga is the most powerful way of manifesting. It's amazing. It's all there if you know where to look. There it is, the teaching.

So it often requires you therefore to redirect your attention when you're losing yourself in the future and excessive attachment to the outcome, which often, by the way, means you become stressed, because stress is the gap between now and later, between now and then. In that gap, you are, in other words, you're here now, but you want to be there. You want to be there already, but you're not. And this creates some tension, and it's experienced as stress. So when you notice that your action, when you're acting towards your goal and you notice stress is arising, which sometimes manifests as you become unpleasant with the people around you. You start shouting at somebody, an employee or something. Get upset when things don't go exactly the way they're meant to go. When obstacles arise, you get upset. Then it's the-- there's-- that's the point of you need to wake up and say, "Oops." Observe your inner state.

Your primary practice is always knowing your inner state, mental, emotional state. Observe it, because otherwise you get taken over by it and you're lost. You're unconscious, spiritually speaking. Your power of manifestation is completely obscured then, so the ability to observe your inner state is vitally important. Otherwise, you could easily lose yourself in a dysfunctional state of consciousness, and you could then carry on struggling for months and years. And the power isn't there anymore. Through just, through sheer effort and struggle, you may still be able to build up that company or whatever it is you're doing, but it makes you continuously unhappy and everybody around you is unhappy too. And it's a dreadful environment. And of course, when maybe you succeed in building your company and but it serves no purpose, it makes everybody unhappy. But more likely you won't succeed, because you are sabotaging yourself continuously through your egoic dysfunction.

So, again, this is connected to ego. One of the ways in which you sabotage yourself is by making the whatever endeavor it is that you are engaged in becomes an egoic enterprise in order to enhance your self-image, in order to enhance the ego's desire to be superior to others, to be recognized as superior, to consider themselves superior. And then your-- let's say you have employees. Your employee is no longer there suggesting that your decision may be wrong, because they know your ego will immediately react against it. So they will all agree with you, and they knowing perhaps that what you're doing is probably not going to work but they dare not tell you, because in all your volatile, fragile ego is going to react. You-- so you create that kind of dysfunctional environment, which is very common these days. Many companies are like this, and they could be so much better. So something to be conscious of when you're engaged in activity.

Another reason why humans are-- why they perhaps do not succeed in their manifestation practices: they may have a goal that is completely unrealistic. Let's say if I had this idea of myself becoming the great master at-- whatever, I'm thinking-- well, any physical activity. Let's say I have this weird idea that I'm going to participate in the next Olympics. I think it's next year. And I've-- because I'm so present, obviously I'm going to manifest. I'm going to be, I don't know as what. As long as it's not a strenuous activity, I might be able to do it. Maybe I could succeed at curling. It's the Winter Olympics. You throw this thing on the ice. "Maybe I could do that," the ego says. But even that-- and I couldn't. It takes years of practice. Even that takes years of

practice. And then the energy may come in. Once a vehicle is ready, the energy comes in. But it's-- so it's completely unrealistic.

But even-- I mentioned in another session playing golf. I could say, "OK, I'm so present. I'm going to be a great golf player. I just need to have manifestation affirmations every day. And then I will go out on the golf field, and I will play, and I will be a golf master. Within the next 12 months, I will be a great golf player." No, you won't. It's a totally unrealistic thing. This is not how the world operates. This is not to say that miraculous things are not possible. They are. But what you need to distinguish is between miraculous things that are still within the realm of possibility, or they may be regarded as almost miraculous, and other things that are totally unrealistic. Even the greatest miracle will not make me into the world heavyweight boxing champion, or lightweight or featherweight. No miracle in the world will do that.

I'm just giving some extreme examples. Sometimes there was on television-- you had-- there was the-- years ago. I don't know if it's still-- I haven't watched cable TV in quite a few years. Don't have cable anymore, but that's irrelevant. *American Idol.* They had this thing where people wanted to become famous. They had singers and others. “American Idol in Britain” it was called. I think *Britain's [Got] Talent* or something it was called. And sometimes it was amazing what misconceptions people had about their ability and the quality of their singing, about music making. The discrepancy between how they saw themselves and what they actually produced was unbelievable. They thought, "I'm one of the greatest singers." It was horrible. So that's sometimes quite amusing to see the discrepancy of the ideas that you have about what you could do and what you actually.

However, with a lot of dedication and enjoyment in the doing, a lot of things are possible. Do not necessarily believe somebody who tells you, "No, you can't do that. You're no good at it. You can't do it." So there's another side to it. Yes, on the one hand, many people are completely deluded as to that. But there's a caveat. It is also true that, and it's happened quite a few times, that humans, people have been told, "Don't do that. You're not good at it." And they turned out to become great masters at the things that they were told they were not good at, because they just continued. They enjoyed what they were doing, and they did not stop. They were dedicated to their activity, and they became great. Well, and sometimes you become great at something because of some great hindrance or obstacle in the way. There are many cases. Some people became great at some kind of sport, but in the young age they had certain physical disabilities.

But they had to develop enormous power to counteract the physical disability. And then enormous--

There's the ancient story of a famous, in ancient Greece, a famous orator. Public speaking was highly valued and regarded in ancient Greece. One of the great things everybody aspired towards becoming: a public speaker. And of course you had to really-- you had to have a strong voice. They didn't have microphones, so you needed a very strong voice, and not only that, also inspiration. So there was this man-- I don't remember his name, maybe it was [INAUDIBLE] or something. He had a speech defect as a young man. There was something wrong with his tongue, and he could only speak-- people could hardly understand what he was saying. He's trying to get the words out, and he was so determined to become a speaker. But every day, so the story goes, he went to the ocean, to the seashore, and spoke to the incoming surf. The waves are coming in and making a noise. And he started to give speeches to the sea, talking against the noise of the breaking waves, and did it for several years. And he became one of the greatest or the greatest speaker ever that lived in ancient Greece. Everybody admired him. And he started off with the-- everybody would have told him, "Don't even try." And yet it happened.

And often, the great things often happened in the face of great adversity. The philosopher Nietzsche said the strange statement, "Everything decisive happens in spite of." He didn't say, in spite of what. It means everything great happens in the face of great adversity, because that is when humans potentially develop strength, added power. So perhaps this is something for us also to consider.

If you encounter adversity and of whatever kind, which means-- let's put it in different terms. Now, the adversity may be something that has already been there in your life, or it suddenly erupts into your life. Maybe you are engaged in an attempt to manifest something, or you have already manifested something. And then-- so either one or the other-- and suddenly something goes drastically wrong. Maybe the whole thing breaks down for some reason, or maybe you created this great thing and suddenly your health, your health collapses. Or suddenly you have a serious accident. Or suddenly you have serious situation at home. Your wife leaves you or somebody very close to you has an illness or accident or dies. Something collapses around you. These things can and do happen, and that is-- we need to realize that adversity can happen. And one or another kind of adversity-- it not necessarily the most severe case of adversity, but we never know, will from time to time erupt into your life. Something will go--

well, even if you do practice positive thinking, which will reduce-- to live in alignment with the present moment does make life more harmonious. Things become easier. You're more likely to create something good.

All this is true, but even then, there's still the fact-- well, not only the fact of impermanence of all things. Whatever you create, there's always-- nothing lasts forever. There's the fact of impermanence, and there's the fact of something unexpected happening that suddenly seems to go against all the things that you have practiced. And then you ask, "Why?" And the-- so let's put it like this. Sometimes you don't succeed in your affirmation practice, and the something bad happens. Instead of creating something good, something bad suddenly happens. It could happen. I do not say, as they do in some New Age teachings, they tell you, "Well, you must have created it. You must have done something to create it." And then it's, "Well, I don't know how I did it." I don't say that, but I do say treat each moment, or whatever arises in each moment, as if you had chosen it. That is perhaps more helpful than creating some kind of guilt about what you might have done wrong, if something--

In fact, the truth is, often the best thing that can happen to you is a bad thing. The ego doesn't like to hear that, of course. But let's repeat that. Sometimes the best thing that could happen to you is a bad thing, not a good thing. Because a bad thing has potentially-- well, it takes you completely out of your comfort zone. Potentially it destroys your ego or creates huge cracks in the ego shell and drives you deeper beyond a superficial sense of identity, drives you deeper to a place that is not dependent on any identification with external conditions. It takes you to a deeper place. It drives you there. You have to go there. Otherwise, you will be in agony and totally unhappy. So potentially, and then it's so it can-- the bad thing can awaken enormous power in you, the power of consciousness itself.

So if something like that should happen to you, realize the potential. And it doesn't necessarily mean that you have done something wrong. So I have met over the years many people who said they-- I wouldn't-- they told me, "I would never have understood what you're talking about or writing about, and I would never have been interested, if this thing had not happened in my life." And usually the thing they're referring to that happened in their life was bad. "If I hadn't come close to death, if my business hadn't collapsed, if my only child had not died of illness and--." Something bad happened. "And if I had not gone through that, whatever you're saying would have been meaningless." And sometimes people were given-- they tell me

they were given a copy of, for example, of *The Power of Now* or some other powerful spiritual book, and they opened it. A friend or relative said, "You must read this book." And they opened it. They read a few lines and said, "What is this guy? This is completely meaningless." They put it on a shelf. Hopefully, they didn't throw it away. They put it on a shelf. And 5, 10 years later, they picked it up again and suddenly, "Whoa, that's amazing." What happened in those 5 or 10 years, most probably-- what happened is they suffered some kind of blow. Destiny dealt them some kind of blow, and then the deepening happened.

So accept whatever-- ah, there's a line from Marcus Aurelius, the wonderful book called *Meditations*. The Roman emperor. He was beautiful. One of my favorite books is called *Meditations* by Marcus Aurelius. And he said, "Accept whatever comes to you woven in the pattern of your destiny for what could more aptly fit your needs." So accept whatever arises in the experience that you're having. And when are you having this experience? In the present moment. So whatever arises, whatever you experience in this moment, accept your experience of this moment. With the acceptance comes the deepening. Even if you're very sad, accept that you're very sad. And there comes the deepening. Or if you immediately accept an event, you may not even have to go through the stage of sadness. Immediately you're going to peace. So if you don't accept a seemingly bad event, then you will experience either sadness or anger or resentment or bitterness. If you cannot accept what arises, then that becomes your experience. And there you can accept "I feel bitter and resentful." But if you say, "I accept that I feel bitter and resentful," you're not trapped anymore in the feeling of bitters, because there's an added dimension. The acceptance creates an added dimension, which is a dimension of space around it, which is the unconditioned consciousness. And you go deeper. But it's even better if you can accept immediately whatever arises. Then the resentment or bitterness, you don't even have to go through that stage. You immediately accept present moment as it is, and immediately you drop down into a deep peace, “the peace that passes all understanding,” as it's called somewhere in the Bible. You go into deep peace immediately. So all these things.

So if something goes wrong with your meditation practice or after you've already achieved whatever you wanted to achieve through your manifestation practice, realize that it is a possible-- potentially, it offers you the possibility of going deeper, more deeply aligned with the what I call the "Deep I." I. Not the "Surface I," the me, the egoic I-- the "Deep I."

Let's go back to the question. Why do people fail in their affirmations and manifestation techniques? That's something else. The fear of failure or the fear of success. The fear of failure is very common in many people because failure would mean their self-image, which is fragile as it is. The egoic self. "Self-image" means ego. Their self-image would become deeply hurt, the ego image, if they failed at something. And they want to avoid that. They're afraid of their image, self-image, being shattered, so they don't attempt anything or their attempt is half-hearted. They might be practicing manifestation techniques, but deep down there is the fear that if they do attempt to achieve this goal, it may not work. And if it doesn't work, they will have failed. And if they will have failed, their perhaps somewhat exaggerated self-image will shatter and suffer greatly. So they would rather-- either they don't try at all or if they try, it's a half-hearted trying. They never can give themselves completely, neither to the affirmation practice, manifestation, and nor to the action that they are taking. They cannot give themselves completely to it, because it may not succeed. This is an unspoken thought at the back of their minds, that they may fail and they can't take that.

Somebody I've known for a long time, very nice person, hasn't done much with his life. And he said-- we talked at some point about failure and success. He said, "I've never failed at anything, because I've never tried anything." Another way not to fail. It's a slightly humorous comment. Also, don't have any plans. Make no plans, then you can't fail. You have no plan whatsoever. There's no failure. Now, this is either a humorous comment or it could-- maybe there's something very deep.

So the failure of-- the fear of failure is-- you need to-- do you have that? Do you detect that in yourself? What is it that fears failure? Is it you? Or is it an image of you that you carry in your mind, which we call the ego, that could be hurt by failure? Do you have an exaggerated self-image that you are a highly accomplished person? You could be a great writer, but the world does not deserve you. You can't-- you're not going to write, because the world is just too stupid to appreciate the great book that you could write. The world wouldn't appreciate it. "The world is just too stupid to appreciate. Therefore, I'm not writing anything. If I wrote something, it would be great, but people wouldn't understand. So I'm not writing anything." One example of exaggerated self-image. And of course this person is never going to try and write a book, because it may not succeed. It would shatter the exaggerated egoic self-image. This is not that uncommon. So some people have a superficial-- this person may have a superficial desire to

achieve, not being fully aware of their fear of failure, but unconsciously sabotaging whatever it is they're doing and then letting, not letting go again of it.

And then there's a fear of success, and that is also unconscious in many people, an unspoken thought which could-- and the fear of success could be due to, as many things are, due to early childhood experiences, a sense of unworthiness. "I don't deserve success." The sense of unworthiness that sometimes originates in childhood because of the relationship with your parents. Also a misconception about, perhaps also due to conditioning in your early years, the belief that anybody who is successful in this world is some kind of a crook, is some kind of-- he must be doing something wrong. And there are people who have that belief. It's people who-- yes, this person that I mentioned who said, "I've never failed at anything, because I've never achieved at anything," he also had that idea that everybody who is a success in this world, financially, there must be something shady there. They're crooks. And they [INAUDIBLE].

Or they are oppressing. Any successful person is an oppressor of those people who are unsuccessful. That's another interesting idea. Now, of course, these people exist. There are people who become very wealthy because they are criminals. And when the Soviet Union collapsed and the whole country became very chaotic, a few people arose that took possession of the state enterprises. And they were enormously wealthy. They were all totally corrupt. So it does, obviously, it does happen that certain people who are very successful in the eyes of the world and wealthy are-- their wealth derives from corruption. Obviously, they exist. There are quite a few, but there are many others who become successful in wealth because they have contributed something of great value to this world. That is also the case. And of course, others become wealthy because they're very good at throwing or kicking a ball on the field. And they become enormously wealthy. That's a little weird, but at least they are doing something and people seem to be enjoying watching them. So OK. But there's a misperception in people's minds, and that is-- politically, you could call it, it's a "left-wing" kind of theory that anybody who has a success in life is an oppressor. It's a kind of extreme left-wing idea. And of course, oppressors exist also, but that's not the whole truth at all. It's one aspect of the truth. There are many others who contribute to this world and thereby become wealthy and successful. Others are totally corrupt and they become wealthy. But it's not--

So you could have the idea because what you have absorbed from the culture that you live in or your people in your early environment, you could have absorbed the idea that financial

success, for example, there's something wrong with it. And that again, that this could create the fear of financial success. So on the one hand, you would like to, but on the other hand, you have this thought that, "Oh no, I will no longer become a-- I will no longer be a good person. I don't deserve it." That's another great one. "I don't deserve." "I don't deserve success, because I'm not good enough. I'm not good enough at anything."

The idea that I'm not good enough, this is also the ego, by the way. It's another ego image. It seems the opposite of the person who said he or she is the greatest and that's why they don't do anything, because they're beyond all that. "The world doesn't deserve me." On the other polarity, you have the idea that "I'm not good enough at anything. I can't do it." You have a diminished self-image, but even that is ego too. It's a self-image. It's a sense of inferiority, which is a delusion. Just as the sense of superiority is an egoic delusion, the sense of inferiority is also. An ego is not always necessarily the person who says, "I'm the greatest." Ego could also be a person who has a belief, identifies with the belief, "I am not good at this" or the belief that "I've been treated unfairly by life and therefore I'm a victim of life. I'm a victim of other people. I'm a victim of maybe one individual or group of individuals, or my parents, or my background, my social background. I'm a victim of something." Of course, there are people who are victims of other people or groups of people everywhere. Undoubtedly, true victims exist everywhere. The danger is creating a self-image that is based on victimhood. So the fact that you were victim in your upbringing-- I could say I was a victim of dysfunctional family. My parental background was dysfunctional. So I'm a victim of a dysfunctional childhood. Yes. Does that become an identity? That's the question. Am I making this into my sense of, incorporating this into my sense of self? Or do I simply say, yeah, well, I was a victim then, but I'm not a victim now. So you become-- you enter-- you've-- you don't carry the past as your identity. That's part of the power of Now is entering the Now with your attention so that you don't carry the burden of past that then becomes your identity.

So all this requires self-observation so that you can know if there are these things operating in you, the fear of failure or the fear of success. By observing it and becoming aware of it, you can transcend it and see, oh, there's the pattern that still operates in me, but that is not the truth. That is not the reality. And then you can go deeper, because those patterns refer to the what I call the "surface mind," which is the "Surface I," which is the ego that is conditioned by the past. There is a deeper I, which I call the "Deep I," that is unconditioned. So there are two things

that are necessary to free yourself from the conditioning of the "Surface I." One is to recognize it, and you can only recognize it from the higher point of view or the deeper point of view of the "Deep I." That's the awareness. And then your identity shifts from the "Surface I," which it's conditioned with its conditioned patterns, to the "Deep I," the power of the "Deep I" that is unconditioned. And you'll find that cessation of thinking. You touch-- you encounter the realm of stillness, vibrantly alive stillness, which is consciousness itself. There's your true identity, not the "Surface I." The more you operate from the deeper I, the more you become free of the conditioning of the "Surface I." And then you can transcend those things that otherwise would hold you back, those patterns. So always go back. To go back, to go deeper, go into-- let go of thinking and go deep into the power of the "Deep I," which is always here and now.

And connect-- related to this, another obstacle or hindrance that could arise in certain practices, again, is conditioning, mental-emotional conditioning that you are not necessarily aware of that could sabotage your attempt to manifest better circumstances in your life. Let's take as an example relationships.

Many people are longing for a-- they may not have it. They, well, true, but they want to manifest a partner, a life partner, say. And that's good. And they may already have experienced one or two or three or four unsatisfying relationships. Let's put it like that. Now they-- hopefully, they haven't given up completely and say it's all pointless. The man says, "All women are--" whatever words they use, or the woman says, "All men are jerks." The other one, "All men--." And suddenly you have-- you've found because you've had three, four failed-- well, relationships that didn't end well. They ended, and they didn't end well. And then you form some kind of opinion, which is a thought pattern that you get stuck in. And then you say, "There's no-- all women are-- all men are." So you're stuck in that. There's not much you can do. So hopefully if that has not happened to you, but if it has happened to you, realize that you're stuck in some kind of assumption, which is a thought pattern that has taken hold of your mind and through which you then look at reality. And once you've decided that all men are jerks, every man that you look at, you will perceive him through the veil of your conditioned thinking, and every man you meet will be a jerk. And the same for when women are jerks. Women are something else, the equivalent of "jerk" for a woman. I don't know what that is, and if I knew, I wouldn't say it. So that's that. And you are stuck in a prison of your mind and can't see reality anymore. He could-- so if that's the case, realize if you have some assumption, some kind of judgment that "this is

how it is." No, it's just a thought pattern that you are trapped in. So but let's say you're still open to having a loving relationship and but you've already experienced quite a few not going well. OK, but you'll try again.

It is advisable to consider the possibility-- it's not necessarily the case-- but there's the possibility that there may be certain patterns of behavior in you that once you enter a relationship begin in some way to sabotage the relationship for certain reasons that often go back to early childhood that you cannot tolerate. For example, just many possible reasons, you could have the fear of abandonment that the partner, that your partner-- maybe you experienced abandonment as a child. Then you have the fear as a conditioned pattern in your mind. You have the fear of abandonment, and but you're not fully aware of that. And so it could be that you sabotage the relationship. You abandon your partner before he or she gets a chance to abandon you. And in that way, you sabotage the relationship. At least you are in charge now. You've done it. So you're not suffering the abandonment. This could be quite-- many dysfunctional patterns can operate that you're not aware of.

And again here, self-observation is vital. So that you make what has been unconscious conscious. So you look-- you have to be very alert how you operate in a relationship, what your reactions are, your thoughts are. And you can might want to even look back on past relationship, see how it unfolded, what happened there, what is it that went wrong. So certain patterns that are unconscious or semi-conscious can sabotage you and prevent you from achieving the goal of your manifestation.

Let's see what else. Again, the key is always in order to go beyond the conditioned mind-- the mind with its mental-emotional conditioning that can be the greatest hindrance in you creating a better life-- the key is to be aware of it. But so you need to be alert and aware of your thoughts and emotions. Rather than being your thoughts and emotions, experience your thoughts and emotions, being the awareness that experiences your thoughts and emotions. Big difference. You're not in the grip of your thoughts and emotions. You're experiencing them. Who are you? You are the awareness that is experiencing them. And that's the-- as the awareness you're very, very powerful. As the conditioned entity, you are very, very limited, and there's no true freedom there. No, you are the slave of your conditioning. So the more you go into the awareness that resides in the "Deep I," the more free you become of being trapped in the conditioning of your mind.

Also, a similar thing happens for people who want financial abundance. Again, they can be this-- I've already mentioned it in passing-- there could be-- you could be sabotaging it by holding the belief that either you don't deserve money or it's bad to have it, because there are other people who don't have it. Not realizing that you could do great things if you had money. You could not only necessarily give money away to people, although that could be part of it too, but money could create other things that help people in other ways. There are many possibilities that open up when you have money, and it does not need to be in the service of the ego. It can be used in the service of the totality of humans.

Another one is the deeply conditioned belief about scarcity. If, especially if you went through childhood when money was always scarce, then you have an issue around money. And even if you were able to achieve relative wealth, you would still be trapped in the idea of scarcity. And every-- therefore-- and this scarcity is associated with fear, the fear of not enough. And perhaps you experienced it as a child in your background, family background. "What are we going to live on next week? Your dad's spent it all on alcohol and gambling. What are we going to do next week?" What are you going to do tomorrow? What are you going to--? The mother says, "It's horrible. What are we going to eat?" And it repeats itself every week. But it creates terrible conditioning. And so then that could prevent you from-- because you have idea of scarcity, you can't even conceive yourself of having abundant money.

Or even if you did achieve it, whenever money is mentioned, there's an issue with money, you would become emotional. It is not a pleasant emotion whenever anybody mentions money. Even if you have enough now, but you still you have this thing, fear around scarcity. The moment you talk about money, you become upset. And there are millionaires that still have that pattern too. There are some, the moment they talk about money, "Argh." And even people who have practiced spiritual practice, they are trapped in this idea that money is, there's something threatening about money. So the moment they talk, that money arises, they lose all their spiritual awareness, and they go, "Argh."

I had an acquaintance of mine-- I've told the story before-- an acquaintance of mine invested. She had got seemingly good investment advice from a friend. There was this great investment company. They-- fantastic return on your money. And she was persuaded by a good friend to invest 90% of her money in this absolutely reliable, fantastic investment company, and she did. And it was run by a person called Madoff or something, Bernie Madoff. And finally a

day came when she received a phone call, and it was revealed that her money had completely evaporated, because, of course, Bernie Madoff had a famous Ponzi scheme, as it's called. So virtually all her life savings were gone. And then she was so shocked, and she called her friend and said, "Tell me what just happened? I've lost everything." And her friend said, "Well, remember your spiritual practice." And she replied, "This is not the time to be spiritual!" And many people have that belief. "When it's money, that's the real thing. This is not-- this isn't spiritual." It's kind of there. "But money's serious. That's really serious." And so you're trapped in fear on fear on money. It's conditioning. By the way, there's a happy ending to the story I just told you, because my acquaintance, the money that she had was she was a writer, is a writer. So she wrote books, and the income was good. So that was her, all her investments. And then she wrote a book about losing all her money that became a great success. So it worked out in the end. So again, if money is something that you have negative feelings around money, observe how you react when the issue of money comes up to see whether you have negative beliefs around it.

And again, everybody carries a certain amount of conditioning, but in some people the conditioning creates a very dysfunctional way of going about things. And as some of these things could sabotage your attempted manifesting a better reality for yourself, so-- but the way beyond it is awareness, awareness of your inner states, the ability to observe yourself at any given moment. How are you communicating? What kind of thoughts go through your mind? What kind of emotions are you experiencing right now? You don't need to change it, necessarily, to just observe it. That takes you beyond it, because you become the awareness for what you're experiencing instead of being trapped in your experience. You're the awareness for your experience, and the power of manifestation comes out of the space of awareness, not the conditioned entity.

You could compare, as I've often done before, you could compare the conditioned entity, which I call the "Surface I," to a ripple on the surface of the ocean. That's a surface. Every ripple is I, says I. The ripple doesn't realize that the ripple is the ocean. And then the attention of the ripple shifts. It goes deeper. It suddenly realizes its connectedness with the ocean, and not only its connectedness, it realizes that it actually is the ocean. And that is the realization in this analogy. That's the realization of the "Deep I" in you, that there is a vastness of consciousness in you that transcends who or what you are as a person, which is the ripple on the surface of the ocean. And so ultimately we could say then that you are the totality or the one consciousness or

let's say you are the universe experiencing itself, the consciousness of the universe experiencing itself, experiencing itself as a person. In the same way that in this analogy, the ripple experienced itself as a ripple, but the ripple is something that the ocean is doing, and you are something that the consciousness of the universe is doing. So you're not really something. You are a happening.

You are a happening, not a thing. And that's amazing realization. You are something that the consciousness of the universe is doing right now. That's you. And that realization is an amazing awakening, because it shows you the power that is there. You-- there is infinitely more to you than you had realized when you only knew yourself as a rebel, which is a person. And so the more you connect to the depths of who you are, the more empowered you become. And then the universe can create new things through you. There's no separation, because the universe is doing you already and then it can do things through you.

I read not long ago, young people, youngsters were asked, "What do you want to become when you grow up? What do you want to be doing?" In the past, many people said, oh, well, whatever. Girls and boys had kind of separate goals. Maybe the boy said, "I want to be a pilot or fireman," or I don't know, God said, don't know what they said. But these, the youngsters, these many youngsters, they usually said, "I want to be famous." Just that. "I want to be famous." Well, that's an interesting goal. Famous. Try manifesting fame. That's a weird-- but I don't think it's going to work very well unless you become an Instagram influencer and you can go every day and you may become famous. It's pretty pointless, but I don't recommend it because it will only end in dissatisfaction and meaninglessness. But that's how-- there are quite a few people apparently around in this world who are famous for nothing in particular. They're famous for being famous. That's a particularly weird-- the weird civilization that we have created produces that kind of thing. So I don't recommend that your affirmation practice is focused on being famous.

Just one more reason why people fail in their manifestation is they don't keep it up for long enough, because yes, they have a desire to manifest a better life, but then they have other desires that suddenly override the desire to manifest a better life. So desire arises. "Yes, I want." They start a couple of days' affirmation practice, maybe three days. But then on the third or fourth day, suddenly other desires override the original. It could be the desire to just, "Don't have the energy today. I can't be bothered today. Today, I'm--." A mood arises. "Oh no, today I can't be bothered to do it. I'd rather surf on the web," or whatever. And then you get drawn into your

desire is to see what's going on here, what's going on there. Or your desire is to, "I need to have a few drinks," and you go, oh, that's-- or some kind of distraction. So things come in. One day, you're possessed by one desire. The next day, you're just possessed by another desire. There's no cohesion. There's no unity. It's the various bits of you are not held together. So there's different sub-personalities operate at different times. Sometimes you're a very spiritual person, and then the next day you're an awful, awful person that nobody would want to talk to, because and you don't want to talk to anybody. And then you're taken over by this mood or that mood.

So many humans, they can't keep it. They can't get anything. They can't keep it up, because there's no-- their various personality synthesis are not-- there's no cohesion. And again, the key to that is awareness. Yes, even if you become rooted in awareness or Presence, you may still experience for a while different sub-personalities arising here and there but no longer possessing you completely. And then you can override desires that are-- that you recognize as disruptive, unnecessary, or harmful. You can, when you recognize the arising of such a desire, you can recognize it and then go beyond it and put it aside and go beyond. And then you can continue.

Then you keep up your practice, because now you know what you truly want is to create a productive, harmonious life that contributes to the totality of life on this planet. Make some kind of contribution to that. That's your-- that's a desire that arises from awareness, because that's what the universe wants. That was the consciousness the universe wants. The rest is conditioned stuff that may try to sabotage, disrupt that, and that comes from the egoic self. So you recognize that when it arises and then hopefully can transcend it and be who you are, which is the aware Presence. And the aware Presence is not ultimately a separate entity. The aware Presence is the consciousness of the universe being aware in and through you. As aware Presence, you are much more than a person. The person is recognized as a conditioned entity playing out its script. Script is the conditioning, mental-emotional conditioning, that constitutes the ego. Identification with it is the ego. It's a bit like an actor onstage. He's acting out the role, and suddenly he realizes he is not his role, although he's still acting it out. But he wakes, awakens to its true identity.

And so, let's see, the spiritual awakening that is an inseparable part of creating a life that is peaceful but powerful at the same time and contributes to the awakening, planetary awakening, human awakening. The primary purpose I have observed. The primary-- I observed the primary purpose of the universe. How did I do that? Through a telescope? No, through self-observation.

Through self-observation I have observed and realized the primary purpose of the universe, and that is the awakening of consciousness.

Consciousness is not part of this dimension. It's-- consciousness is another dimension. Even you, you are not the essential you. You are not part of this dimension. You are essentially invisible on every level except the physical. Nobody can find you. By cutting open your brain and examining your brain with a microscope, he can find all kinds of things. The surgeon will find all kinds of things, but not cannot find a single memory, not a single thought. What thought? How thought is related, neuron activity in the brain. Yes, there's a relationship with thought, but the thought itself? Where are the millions of memories and thoughts that are in your mind? Is your mind a physical thing, or does it transcend the physical dimension? There's a physical aspect to it, in the same way that the radio plays the music. The music is invisible until it reaches the radio, then it is transformed into sound. But the music is not produced by the radio. Your consciousness is not produced by the brain, but there is a relationship.

Consciousness is universal. Consciousness pervades the universe. Consciousness is even in the space in this room. The consciousness is there, and then it becomes focalized, so to speak, through the brain. It uses the brain. It has created the brain as an instrument for its expression into this dimension. And that's sort of like the radio analogy. If the brain gets destroyed, you die. But what happens to the music when you destroy the radio? It hasn't destroyed the music, but the radio can't play the music anymore. But the music is still there. Just as an analogy.

It's important to realize these things, because as the more you realize, the more you become aligned with that. Otherwise, you misunderstand who or what you are, and you need to know who or what you are in order to truly contribute to the awakening.

And that's enough for this session. Thank you.

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