



**FREE
ENERGY
TOOLS
STEP 2**

MIND

*The world as we have created it is a process of our thinking.
It cannot be changed without changing our thinking.*
- Albert Einstein

The world is measured merely by our vision, and is limited to it. Things you don't believe in don't exist for you, yet they do for others. If you don't believe in God, it doesn't exist in your reality; if you think there's no love in the world, it means you've never seen or felt it, hence it doesn't exist in your experience. There is no such thing as the objective reality and this is pretty great. Nothing is as liberating as knowing that you alone perceive the life that way and are the master of your own universe. Life can be constructed the way you want it and you can play by the unique rules which are just yours.

Why doesn't everybody live by their rules then? Because in order to influence your life positively, you need to overcome limitations and tricks of your mind. As it happens, the human consciousness is boundless in nature but is conditioned by nurture. From the moment we are born, we get exposed to influences of our parents and friends, social conventions, the school, someone's rules and truths. Once appeared, a thought transforms into belief and gets implanted in our mind, developing in unpredictable ways on the subconscious level. Staying hidden, it nevertheless isn't absent; it can grow to affect your self-esteem, your relationships with others, your health, your impulses.

Our job as conscious beings is to use the power that we have inside and learn to scoop out any drops of alien substances out of their hiding places that end up navigating our lives.

Becoming conscious

This is why we need meditation. To meditate means to connect with your true self under the surface of looks and appearances, away from the choir of other people's voices, beyond what your mind shows you through the prism of its conditioning.

Meditation has numerous forms, but at the core it's very simple – it is a way to be silent, to acquire a state of your seeing where your truth ends and your conditioning begins. The current busy life runs through the constant noise of information, dependence on technology, deadlines, judgments, competition, the need to think fast, live fast and eat fast; it all creates a disarray, either consciously or not. Stress, lack of time and concentration are just one of the many impacts which disconnect us from ourselves.

Meditation brings a kind of awareness that makes you feel at peace even in the eye of the storm. It makes you feel emotionally stable, helps focus, deal with stress, emotional baggage and behavioral patterns; it frees you from identifying with dramas, unconscious beliefs and other people's opinions. It demolishes the limits of your mind and shows you that life doesn't necessarily happen to you, rather you can make it happen. And it's true.

Create your reality

We mean it literally: you CAN make your dreams come true. To be the creator of your reality means to operate on a subtle level of your own mindset. The more connected you are to yourself, the more lightness and playfulness you feel, the more yielding and flexible the fabric of your reality becomes. When you've freed yourself from conditioned thinking and aligned your energy flow in the body, you become a pure being resonating with higher frequencies of the universe. In this state you can do anything, you can build a life according to your taste, and you should.

Create a detailed vision for your life that reflects all your passions, your dreams, things that inspire you and send butterflies all over your body.

Where is this vision situated - a city, a house, what's your anchor?

What sounds surround this place, what colors permeate this vision?

What words define this dream?

Do you feel ignited just thinking of it as a real prospect?

Grab this spark and keep it; you'll need to cherish it and nourish it with your visualizations.

Use this energy to go on to follow your vision. It's time to act. Make a list of things you want and draw a plan of what needs to be done to get them. Without your action, your dreams remain dormant. Activate your inspiration and let it carry you all the way to the destination where you've achieved what's been growing and giving you strength to go on.

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In the mind lie all our limitations and all our capabilities. This conflict arises because of our primal instincts - we are programmed to choose what is pleasant and safe, and stay in the comfort zone; to be like others in order to be included, to be cautious to avoid risk and being hurt. Yet outside of the comfort zone, beyond the horizon of the known there is something that gives life a new taste, a life full of discoveries and possibilities, of things you never knew you could feel or do. To go outside of what your mind thinks safe and familiar is to go on a beautiful journey, and if you go this path, it's how you realize the potential that's been giving to you by the universe – basically the only job you have to do in this lifetime.



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