

Dialogue with the Higher Consciousness

EL MORIA

NEW BIRTH

Mottoes of which we did not know

The world in you, and you in the world

Two lives in one

Channelling through Tatiana Alekhina (Si-Lvia)

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El Moria

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This book is the answer of the Ascended Masters to the particular question of every person on Earth.

Why does a person receive the same results at different age periods?

Why does a person manifest themselves in the same way and cannot get rid of behaviour stereotypes? Why cannot one find peace of mind in this world, cannot feel that they exist, cannot allow themselves to live?

The reason is that till now people were not aware of the main, important knowledge that could explain this to them, they were not aware of the „Pendulum of subconsciousness“ that is fixed in one position during the whole life of a human; people were not aware of the „Mottoes“ that are instructions, are a guide to life. “Mottoes“ are the subtlest vibrations of human essence that make each of us act and manifest ourselves in this way and not in a different way. This is the book about the invaluable knowledge, about the bonus gift from the Hierarchs of the Planet, about the possibility of a NEW BIRTH.

Due to the turning point in the development of evolutionary processes in Cosmos and in the development of Earth – the transition of the humanity or its part into the fifth dimension, the humanity has been given a clue.

Vibrations of the Earth change, people change, and opinions of the Gods change, too.

The time has come.

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I began work on the book „New Birth“ in December, 2008.

Having received the new Spiritual knowledge and pondering it over and over again, having applied it to myself, as well as receiving the wise instructions from the Teacher, I saw the first results which inspired me to take active actions — and this interesting work began.

I would like to personally thank for the contribution to the writing of this book my family and friends — old ones, and new ones who appeared in the course of this successful work.

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Testimonials

Precious gift

Over 150 years ago the Russian literature has asked itself and the world two main questions: „Who is to blame?“ and „What is to be done?“. These questions have worried us until now. And if there may be an incalculable amount of answers to the first question, the answer to the second one is still unknown.

„What is to be done to change the world and myself in it?“ — this question I have been posing to myself for many years. And a lot of times in my life I encountered some important revelations, considerable words and some invaluable information. I encountered that – and did not know what to do with it and what to do further. Because for me it is not enough to simply KNOW, it is important to learn how to APPLY the received knowledge.

But this very thing was not possible. The revelations and messages were stored somewhere on the „attic“ of my consciousness, but there was no guide to action. The door remained closed, and the world did not change, or would change only for an instant, and then all would fall back into place.

This is how it was until I came to Tatiana. In my conversations with her I have received not only consolation and comfort — I have received, and still receive, much more — an impulse to action, to special changes in my reality.

„Nobody can change you — except for yourselves“.

And when I realized this, it became obvious what important mission is carried out by Tatiana, who makes us face ourselves, urges us to change and — the most important thing — gives us the chance to realise our intentions.

This book is her (and not only hers) precious gift to all of us, to those who wish to change but do not know how to do it.

MaSha

Revelation

Every day we do the same things and usually never think of what we are doing. What is happening to us? We revolve; we do the same things with different people. Our relations seem to be different, and at the same time they are the same. We have the same mistakes, the same emotions, the same experiences.

We put goals before ourselves, but we do not always feel that these things are exactly what we want. Probably this or that goal has been imposed on us by someone?

And it is impossible to understand what is mine, and what was knocked into my head by my parents, school, society, by some negative experience. Where is my own free choice which is given to all of us on Earth? Is it somewhere inside of me, or is it in space?

When it seemed to me that it was already impossible to change myself, but somewhere deep inside I still knew that I wanted freedom, wanted to set and achieve my true goals, wanted to grow fond of this World not in words, but in my heart, wanted to find love and create a harmonious relationship, there happened this!

Then God has given me this wonderful opportunity to become myself, to open in myself the unknown world, myself, and my heart.

It is so harmonious, silent, in the calm of creation. No trainings and self-suggestions which only irritate us and do not change our essence.

And all of it happens simply because there is this special person Tatiana who has this great opportunity and ability.

Without any pompousness and condemnation, something new is created calmly and tranquilly.

What was conceived for everyone individually by their essence can be realised now.

Let it manifest itself. Let it become a new life, unknown yet, but very interesting, joyful and happy!

I. Pavlova

ADDRESS TO THE PEOPLE OF THE EARTH

Each evolutionary stage of the Earth's development is characterized by evolution of human soul, aura cleaning and consciousness expansion.

I, MASTER EL MORIA, address the mankind through the envoy of Light Si-Lvia, and transfer through her the NEW SPIRITUAL KNOWLEDGE OF MOTTOES (SEVEN INSTINCTS) OF THE PERSON incarnated on Earth.

It is done to change the subtle vibration of human essence, capable of changes and consciousness expansion, and bring human auras (vibrations of the energy field of each individual) to the light of the star that radiates with all colours of the rainbow, shines and transmits streams of divine love and light to the earthly world.

When you define your own subtle vibration of essence, you, human, will realize that **YOU ARE INDIVIDUAL IN YOUR MANIFESTATION IN THIS WORLD.**

Your individual impressions, sensations, feelings define your behaviour. A most subtle vibration of the soul that has absorbed initial experience, your slightly perceptible sensation conducts you in life. The impulse coming from the depth of your heart forces you to proceed or to remain in the shade of your dreams. Desires of your heart give sense to your life.

And whatever you are told by anyone, you should only hear and feel yourself, and act at the command of your soul.

As a bright beacon of light, your heart shows you the way to the world on Earth, leads you to where your desires are granted. And whatever they are, it is you, human, who knows where and how it is better for you.

“New Birth”

Introduction

Question: If You could become anyone you wanted, who would you become? “
Answer: „I am happy being myself“

At this period, due to the turning point in the development of evolutionary processes in Cosmos, the Hierarchy of the Planet ensures an evolutionary leap in the development of the Earth – the transition of the humanity or its part into the fourth and further into the fifth dimension¹.

This is the help for those people who at this period of Earth’s accelerated evolution have been in spiritual search. It is meant for that part of the humanity who are not in complete oblivion and have not locked themselves in their little worlds, but who do ask themselves a question “WHY?”

- ❖ *Why am I here on Earth?*
- ❖ *Why am I here?*
- ❖ *What must I recall in order to understand this?*
- ❖ *Why do I obtain the same results?*
- ❖ *Why cannot I find internal peace, do not feel happiness, confidence and naturalness in the manifestation of myself?*
- ❖ *What suppresses me from inside?*
- ❖ *Where do my internal barriers, fears, aggression, dissatisfaction come from?*
- ❖ *Why do I always “step on the same rake”, make circles; behave equally at different periods of age?*
- ❖ *Why am I the way I am?*

Spirituality is the knowledge of the world, of the Universe, of one’s energy system, of the interaction with the Divine Source, which is applied to create the balance and harmonious coexistence with the forces of nature, and a confident, joyful and natural self-sensation in the physical reality.

Through the application experience on Earth this knowledge becomes the wisdom of the Soul.

But if a person vigorously rejects all the aforesaid, it means that they are dominated by fear, together with a sense of guilt and inner aggression.

They are locked in their small world, which they themselves have created and now jealously protect, denying obvious things.

¹ For more detailed information on this see: the works of Steve Rother, Drunvalo Melchizedek, and Lee Carroll

Even having saved up certain earthly riches, a person like this still fails to find peace of mind and heart's joy. They are constantly dissatisfied with something, angry at the world, obstinate and hyper-demanding both to themselves and to the people around them; they deny their true nature, and their physical "Self" is separated from the spiritual "Self".

All of you have come into the physical world of the Earth from the invisible world, which you do not see and therefore do not understand.

The evolution of the mankind has passed a lot of stages of growth and cognition of physical life.

Discoveries in the leading areas of science, literature and art help you live and keep up your bodies by warming and tuning them for manifestation of your essence in this world.

I have received the opportunity to rewrite the script of my life, the opportunity to feel different and free to the extent I would like to feel. And to help people gain this opportunity, too.

„Simply being, without requiring anything, without clutching at anything or clinging to anything. Whether it is things, situations or people“— said Dalai Lama.

How is it possible to achieve something without getting obsessed? We always resist something. And we do not even realize it.

You should recognise, feel, and understand that you resist something, deny yourself something.

Resistance is what bothers us from within, creating obstacles. Resistance testifies that we are afraid to step into the unknown; we are scared when something remains unclear to us.

How can we understand it when it happens? What do we resist and why do we resist it? Strangely enough, we indeed always resist something.

When you feel in chancery, it means that your resistance has been switched on.

When you have unresolved questions, this usually means that some part of you does not want to look for the solution.

This is resistance in spite of one's happiness.

It is misunderstanding of what you can do; it is uncertainty of your next step. It is haze, nervousness, uncertainty, fear.

You yourself create all of it to avoid the necessity of taking a decision.

What is actually happening to us is not that important as what we make of it!

Resistance arises when something inside of you tells you:

“No, it is scary!”, “No, I am shy to do it” etc.

It seems to you that you cannot do something, or you simply prevent it from happening. You get to a vicious circle: the more you want something, the stronger is the counteraction.

How can I be myself?

Why do I have such reactions to the world, people, and situations?

Why does my behaviour in apparently different situations and with different people remain the same in my sensations?

The situations repeat again and again, and their result remains invariable!/? What is the matter?

Why does everything happen in the same way: my behaviour and my emotional approach do not change at different age periods?

You need the ability to understand and fully accept and grow fond of that person who you are — a simple person who has a body, a mind and a soul.

You need to comprehend how important you are for the mankind and for the Divine Source, as well as for yourself.

When you know yourself, when you manifest yourself differently in your sensations, you can move ahead, you can get to know other people and open up for your exclusive mission.

Part 1. My world, where is it?

Today I have grown conscious of myself within myself, and I have understood: everything I tell other people about myself is perceived by them through the prism of their own life, their own sensations and impressions.

At the present moment of their life, these people are only listeners, and they absolutely do not care about me, my thoughts, sensations, or moods.

While receiving the information from me, my listener compares the events of my life to those of their life, and at this moment they realise, feel, regret, or understand at heart, that they have the same feelings, or are in the same situation as I, and they draw analogies.

However, they do not see it in such perspective and therefore do not take it seriously – they simply go further without noticing these basic signs, and they do not place on them such emphasis as „this story-teller of their own situations here“.

They feel that they have become spectators of what is happening on the stage of some foreign life. Unconsciously they draw analogies and see what is the same or not the same in their life, what they do not get enough, what they do not feel so deeply, or what they do not live through.

But they would like to have it, too!

And they did not know that it was the very thing they wanted. They did not know that one could feel it the way the „story-teller“ could.

Now how about that!!!

They open this sensation in themselves; they are surprised, indignant, and angry at themselves for not perceiving the similar situation or event in the same way.

They did not rejoice at, did not enjoy the thing that gave so much joy to the „story-teller“, but only took a glum notice of it.

What is it? Why? What is not ok with me?

Why do I react this way and not in a different way?

What is the matter???

Here is a question!!!

It is already a question!!!

This is super — there is a question!!!

This is the question that will set you thinking „something is wrong with me“!

Why am I this way?

Why cannot I feel pleasure and satisfaction from any situations that my world and my life give to me?

YES!!! I should better look into this problem!

I really need it!

This is what I need!!!

BUT Where do I find the root of my problems?

How do I open myself to the world, and how can I accept the world the way it is?

Where?
 And the thought has stumbled over this barrier.
 Where is the exit from the labyrinth?
 Where is this thing that I should see, win, and feel?
 I do not know! - echoes inside of you.
 Where can I find myself?
 And this is all of me! And this is the question!!!
 IS IT SO?!?!?
 Where is the world for me? Where is it???
 Where is the world in which I can rejoice, have pleasure, and be natural???
 The world is in you, and you are in the world!
 And I have thought only of myself, and have not noticed the world!
 And how can I find the world within me, how can I feel myself in the world???

Look into your childhood

Do you remember how you decided to come into this world?

What you have gone through to appear here?

— YES!!! Certainly! — You will say to yourself.

— But no, what kind of nonsense is it? How on earth can I remember that? I do not remember anything.

Only later I understood that I am here. And I understood it not at once but much later. And only after I realized that I do not much like what is going on.

Only later I felt pain.

— Where?

In the course of my life.

— And where exactly?

Well, for example, the person I live with caused me pain for an unknown reason.

— And why do you keep living with them?

Because they confirm, and reflect in their behaviour, the impressions of the world which you adopted back then, in childhood.

This is what you felt, saw, chose, carried out, and the line of conduct you selected, thanks to which you will always behave this way, no matter where you are and what people are around you, etc.

You are the way you are! That's it!

You do not even remember these conclusions, you do not know what you chose, what you felt at this or that time interval in your life, because you did not realise and evaluate it, because you were natural and took everything on trust.

You thought that this was the way everything should be, since it is this way with you.

Indeed, you did not know what others had, and could not compare and choose the best for yourself.

You were in that world which had been offered to you, and which you accepted without struggle. For no special reason.

You just accepted it, and that was it.

And only later you felt or for an instant you thought:

— Well! Something is wrong! I don't want it this way! I have to do something!

But what do you have to do?

And you start to search, read books, ask people, go to trainings, to church, or you find some sect, or go far from the civilisation in hope to get out of the societies that teach you how you should live.

But as a result you see that you again step on the same rake and run in circles.

After all, nothing has changed, and you are the same as you used to be.

So what is the matter?

You have spent so much effort, so much time of your life, and all in vain.

You are happy only for a short time and then everything starts again.

You feel the same dissatisfaction, the same sensations, the same behaviour, and the same result.

You try to conform to something or someone, and you greatly dislike doing so, thus you are annoyed and do not know what to do further.

You do not understand the world, and you do not understand yourself. And the question arises:

— What is it all for??? Why am I here???

— What should I do? — is the question that sounds in you, somewhere deep inside.

While thinking of it over and over again, I was very keen on understanding, making something out of this situation. Why is a person, no matter how hard they try to change, unable to feel inner peace to joyfully create their own life, basing on already existing results; why cannot one feel happy to live on and become the participant of new situations which will

make them happy? Even having taken most radical measures, like changing one's country, spouse, friends, work, one remains unsatisfied and exhausted. That is why there are sayings: „You cannot run from yourself“, „A leopard cannot change its spots“.

And, having woken up early in the morning on my birthday October, 14th, 2008, I asked my teachers: „What is wrong? What should I change within me to become happy, be pleased with the positive results already existing in my life, which I received thanks to my work on myself, thanks to perusal of numerous books, to reflexions, to the knowledge received before and successfully applied in my life and in the lives of people with whom I have worked for many years. “

I did not receive the answer at once. Obviously I was given time for comprehension of something important and necessary for the perception of what I heard in the answer of the Great Teachers after 24 days.

So, while working with a woman on the problems of her family relations, I heard the prompt that there is one way of solving such problems that is still unfamiliar to the mankind.

„What way is it? “, I asked.

The answer was:

“In the past we never mentioned the existence of the **pendulum of subconsciousness**. You are aware of the chronicles and archives in existential continua of every lifestream. Subconsciousness is defined by sectors, and one of them houses and archives your sensations about the world where you decided to be born, and the information on how you were accepted by the world. The pendulum is fixed in one position during the whole period of your life time on Earth, and in the period from 0 till 14 years by means of the internal hieroglyph there is entered information in the form of **mottoes** and **questions**.

These mottoes are your strategy, your guide to action in this world; these mottoes define your psychological characteristics. The subtle vibrations of your essence, called human character, may show in various shades, but the basic characteristics do not change throughout your whole life. Your sensations are recorded by the Angel-Chronicler in unity and in accord with your soul, and are the first and unshakable manifestation of the free will of your essence in this world. When you were a child you could not express this opinion as a child could not understand what was going on.

And the child could not resist the things he or she did not like. But their Body Elemental² their energy system, was fixing the vibrations which proceeded from the people around them, and was forming the conclusions to be fixed in the given sector for ever.

That is why a PERSON behaves in the same way at different age periods, without even knowing why.

During the following period from 14 to 21 years you physically confirm these mottoes by getting into the situations and communicating with the people who by their behaviour and relation to you would confirm your initial impressions.

The period from 21 till 28 years is the time of spiritual acknowledgement, which is your reflexions and sensations of you, of the gained results and abilities. During this period you get convinced that the world for you is the way it accepted you initially. The **SUBTLE VIBRATIONS of YOUR ESSENCE**, i.e. your character, make you manifest yourself in the same way at any age period.

In the subsequent periods of your life you change only your circumstances in hope to feel more comfortable, and you try to understand yourself, but without success.

² *Body Elemental* is the first human auric layer. It is the skin and certain aspects of the physical body. The first auric layer is connected with the first chakra; therefore its functions are similar to the functions of the first chakra. It protects, defines and strengthens our physical body. It is connected to the etheric body which is in immediate proximity to the skin.

Why is that? It is because you were not aware of the mottoes. Now the time has come for this knowledge. The vibrations of the Earth change, people change, and the opinion of Gods changes as well. To accelerate the program of changes, I am telling you about this knowledge which you are to pass on to people. I will tell you how to do it later. And I will tell you what to do.

El Moria

Part 2. What is to be done?

Chapter 1. In search of truth. Revelation of the Angels

The understanding of our human essence comes through our individual, personal effort. It demands studying of our spiritual nature instead of only material needs.

It is clear that we live in the time and in the conditions when all things have been set into motion, and new paradigms replace the old ones.

As members of the world human community, all of us are involved in this evolutionary process of life.

Considering the place of man in this world, the majority of us first of all notice the things that are on the surface, i.e. the painful fact that life brings us more difficulties than pleasures, that there are more traps than warning signs.

After all, all of us have similar needs: we feel, we dream, we hope for the best; and even when life has brought us love, prosperity, joy, excellent health, we are constantly unhappy about something. Man is in the process of constant development.

But on the other hand, whatever we do, it always seems that it is not enough.

These paradoxical aspects of human existence torment our hearts.

What is to be done?

Why?

Even in our deep work on our self in the modern conditions of rigid reality, using various metaphysical and spiritual principles, studying our spiritual nature with the help of different available methods and practices, based on philosophical concepts and healing methods borrowed from our wise ancestors, we are still not content and cannot unite our visible material "Self" with the invisible spiritual "Self".

Painful perception of oneself, of one's life situations such as:

- Low self-esteem
- Childhood traumas
- Sexual disorders
- Bad habits
- Financial problems
- Unhealthy relationships
- Confused way of life
- Impossibility of achieving necessary results
- Other obstacles and difficulties a person faces in the course of life

How do we live in accordance with our mission?

It is a dynamic process in which course a person gets rid of their blocks and false forms of perception and manifests their true "Self".

Such life means full self-expression or manifestation of one's spiritual "Self" in the material world, and full realisation.

How can one find their „Self“ in this world?

Fortunately, it is not so hopeless.

Without doubt, everything is very simple!

You have an opportunity to learn all the details.

All that you need is the sought-after Knowledge!

Become one of the first people who will acknowledge the information important for the mankind and personally for everyone.

You simply should do it for yourself!!!

You can achieve it.

Full understanding not only of the essence of one's mission, but also of the nature of one's energy systems, is becoming obligatory because it is through our body, mind and soul that we know ourselves and our abilities.

Adoption of such concepts as chakra, energy centre, aura etc. is extremely important.

Understanding and acceptance of one's own fears, difficulties and possibilities is also becoming important, as certain preparation and determination is needed to destroy all possible restrictions that narrow our perception, and to accept changes.

As all of us have different goals, the healing process is individual for everyone, and demands self-confidence.

Taking a step to find the world and balance within oneself, to reject doubts, the energies of anger, fear, fault, aggression, dissociation which prevent us from manifesting our full potential.

Nobody else can do it for you.

So, I shall speak about the main, invaluable knowledge, the bonus gift from the Hierarchs of the Planet for the mankind in connection with the turning point in the development of evolutionary processes in Cosmos, and the evolutionary leap in the development of the Earth — the transition of the mankind or its part into the fifth dimension.

This is the knowledge of the possibility of a „New Birth“.

Question to the teachers:

What is it? What are these mottoes about which we did not know before?

The answer: *„We wish to tell you about the pendulum of subconsciousness. The time of changes has come, and this knowledge will explain to you much of what you could not understand earlier“.*

On the pendulum of subconsciousness

It is extremely important to understand that there is a process during which any observation of five feelings is automatically transferred to inner levels of subconsciousness, where the events it witnessed, or the matter it studied, are recorded by means of an inner hieroglyph, that is how the full translation of the data from the outer world into the inner world rests in the akashic records³ of the essence of each person.

The transfer process, although quite complicated from the technical point of view, is almost instantaneous.

³ Everything that happens in the world of an individual is recorded in the certain substance, known as Akasha. *Akasha* is a primary substance, the subtlest etheric essence which fills the entire space; etheric energy which in its vibration absorbs (records) all impressions of life. These records can be read by adepts or those with developed soul (psychic) faculties.

The selection and classification of these records is the responsibility of the Bodily Elemental and the Angel-Chronicler of one's individual lifestream, i.e., of each person.

The Ascended Masters Djwal Khul and Kuthumi reported that the reference of Angels-Chroniclers can be found in the words of Jesus about these little ones: "For I say unto you, that in heaven their angels do always behold the face of my Father which is in heaven" (King James, Matthew, 18:10).

Each individual has this Angel, who embodies the purity of Infinite God and is assigned to every Lifestream by the Divine will from the beginning of the world. This Angel is not only capable of reading life chronicles of any person who lives on this planet but also to directly communicate with the Heart of God, "to see the face of my Father which is in Heaven".

Thus, God's design to open himself to the Angel of His Presence, assigned to each of His children, is realized by means of the Holy Christ Self in perfect harmony with the Divine plan (Divine Source).

God has arranged it so that by endowing us with the flame of the Christ, He thus placed His own fullness into each of His sons or daughters.

When this Divine nature is understood correctly, the humanity will be able to easily produce antakhkarana⁴ in this world and thus to begin correctly weave its life manifestation.

The aim of human life is to express this truth in everything that one is doing, as incorrect use of thoughts and feelings entails a lot of undesirable features, and abuse of the energy of the sensual world – such as anger, fear, hatred, jealousy, blame, offence and hypocrisy – start the amplifying lever.

And a person cannot find peace of soul in this world, and perceive their own existence, and permit their own existence.

Why?

Because they constantly comfort and console their "inner child", him or herself, that small boy or that small girl who still hides inside the adult body.

They feel shy, fear, cry, defend themselves, struggle, try to win the love of the people around them (at any age period).

This occurs because "the pendulum of subconsciousness" in the book of life of each person is forever fixed on the sector marked "inner child", where the Angel-Chronicler has formulated the basic "mottoes" with which the person goes on in life, attempting to change something in them.

⁴ Antakhkarana is an interlacement of life or a network of light, which connects each God's creation with the Heart of God.

However, one cannot change oneself, no matter how hard one tries, since the sensations received by a child born into a certain family or under certain conditions which they selected for themselves, have become their fixed conclusions:

- The way they were accepted by the world.
- The way they perceived it.
- The way the world seemed to them at the age of 0 to 14 years.

Those sensations (conclusions) recorded by means of the internal hieroglyph and transferred into inner levels of subconsciousness, into the sensation of the Bodily Elemental of each body, fall into the sector of life perception, are archived and packed up forever.

They become a manual for each person, a guide along the road of life.

These are the subtlest vibrations of human essence, which force people to act this way and not the other way. This is their choice and their impressions.

Mottoes are recorded during the opening of chakras (from 0 to 14 years).

A person asserts them from 14 to 21 years, in the period of the seven-year opening of the seventh chakra.

These are the mottoes that become templates of a person's behaviour, and through the behaviour of a person create situations in which they again and again confirm them and cannot break the stereotype.

Who we are depends on how we perceive ourselves.

We can be cured and nevertheless, we still need healing.

Time and again, we clear our auras, we try to get to know the world, to change something in us by practicing spiritual practices (yoga, chi gung etc.), we read psychological, spiritual literature, but for some reason we do not obtain happiness from the result, and again and again we find ourselves anxious and dissatisfied.

We cannot be natural in the manifestation of ourselves, in our sensations.

And, when I posed the correct question, relying on my life experience, the Hierarchs of the Planet, the Great Teachers of Humanity, explained to me that there are "mottoes" in the chronicles of every person's life, conclusions, which are recorded by the Angel-Chronicler. They are the guide to action and template of manifestation in the world on the Earth, and a person cannot behave otherwise.

At this stage of the evolutionary development of the Humanity, for the first time in History of the Earth this circumstance is pointed out to, and it is permitted to change these mottoes".

AND ONLY with the help of THE ASCENDED MASTERS, AT THIS STAGE OF EVOLUTIONARY DEVELOPMENT we can unpack them, erase and write new “mottoes” under the dictation OF THE TEACHERS OF HUMANITY, to get a guide to action in this world, a positive sensation of oneself, and co-tune with the Divine Source.

With the Teachers’ consent, I am carrying out my mission here on Earth, and I am entrusted and allowed to reveal and change “the mottoes” of each Lifestream

My spiritual name is SI-LVIA – the one who receives and transmits Spiritual Knowledge to people.

Si is the note of the seventh chakra of the body. It is openness to the energies of the Divine Source and Connection by the Communicative thread with all spiritual beings of the Divine Source, with the truth of my own existence. It is openness to the Divine Consciousness.

Being the “spiritual centre” of human highest knowledge, the seventh chakra receives spiritual energies and guidelines that are necessary for our predestination.

My name in real life is Tatiana.

Chapter 2. The sensational revelation of the Gods

Two lives in one. The world is in you, and you are in the world. New birth, new perception of the world, of self-sensation in the world.

All of us possess spirit, a vital spark which reflects the exclusiveness and importance of each of us.

Your spirit, just like the spirit of any person, is endowed by the special Divine truth.

The human life goal is to express this truth in all you do, to embody it in word, in business and in one’s own body — that is, simply to become this truth. Thus, all together, people create heaven on earth, and incorporate into one great Truth, whose name is Love.

You can know Love only by becoming Love itself.

Two lives in one. To find Yourself in Yourself. This is the problem people and the whole mankind cannot solve. It is what everyone looks for, but does not know what exactly they should find, neither where and how they should look for it.

Self-search in one’s profession, hobbies, trainings, religion, in the nature, in various sects, in reading of books perfects some side of a person, one or two sides. A person is always trying to find inner peace, to feel harmonious, joyful, and happy.

A person gets recognition, becomes unlike others, but in silence with themselves cannot find consolation and peace.

Why?

Because they constantly comfort and console and feel sorry for their “inner child”, him or her, that little boy or that little girl who still hides inside an adult body. They feel shy, they fear, cry, defend themselves, struggle, try to win the love of the people around them whom they remember as mommy and daddy, and others who were around them back then, long ago.

And if things were not the way they imagined and wished when they decided to be born, all their life they wish to prove that they are good, but no one noticed that and were extremely unfair to them.

A lot of well-known people, when creating masterpieces of art, music, architecture, or science, devoted them only to one person, to mommy or daddy, because these were the people who did not understand their uniqueness in early childhood, who forbade them to do what they liked. But they, in spite of everything, created their masterpiece in the very field that was forbidden for them, having proved their uniqueness, but they failed to grow fond of themselves.

And after they created and proved it all, they became despondent and melancholy, felt lonely because by that time these people were no longer on Earth, they "left" without having seen this creation. And even if they are alive, they do not care of it, and they do not remember their own interdictions. (This is about those children who were severely and cruelly treated, or who were neglected, while they have always been talented people).

People feel young at any age period.

Why?

Because this „inner child“ has not grown together with your body, it is only you who has grown up, but not this child.

This was the child aged 0 to 14 years who in their sensations defined the world where they arrived in the way it seemed to them.

Those sensations became their mottoes with which they go on in life.

Having affirmed them during the period from 14 to 21 years, they behave in the same way further on, at different age periods, and subordinate their life to the templates.

At this stage of the Earth's development history, for the first time the Cosmic Consciousness has decided to help people to find the world within themselves, and themselves in the world. This is the unique opportunity that has been given so far to only one person — to you.

You will reveal this secret to people, and help them raise their „inner child“, through a new birth, through the refocusing of consciousness and subconsciousness of each separate person. We will help and support each of these people in the period of changing their energy cover, we will prompt them by signs, and in their sensations they will feel our love and Presence in their life.

This will give them a chance to feel complete, happy, cheerful and natural in their manifestation. It will help them find experience of deep relations, of completeness and of abundance of pleasure, good luck and glory.

18.12.08 (04:12 a.m.)

Question: *In what form, how can I transfer this knowledge to people? What should I do, how should I behave, what should be my strategy?*

You are free to transfer it to people in any form, any constructive variant convenient for you.

Question: *Who exactly has given me this unique knowledge?*

This knowledge is unique. Great Teachers greet you, Tania.

Tatiana: *I greet you and am happy to lead this dialogue. My gratitude to you is immense.*

We are glad to hear you, we are pleased with your interest, and We will speak with you precisely and structurally, will explain all the nuances to inform people of what has been transferred to you.

Tatiana: *Thank you.*

We have selected you for a reason. By comprehending spiritual truth in your help to people, you have found and have developed that manifestation potential which gives you the right to learn and transfer this knowledge through what you do at this stage.

Thoughts are material. Like magic clusters, they have defined your knowledge. And the Spiritual Brotherhood has chosen you.

The Ascended Master El Moria is speaking with you!

Tatiana: *Good morning! I am immensely glad.*

We are glad to have you in our community.

Define the dictation time, and we will dictate to you what you should know. We have always answered your questions, whatever they were. We have supported you, and you have gratefully accepted our answers.

During this period you will transfer through your actions all that you have learnt.

This is the unique chance for the Mankind that is in search of what you now know.

This is that root which nobody could find before, neither through meditations, nor through spiritual development.

We have decided to help the Mankind come nearer and unite with the Divine Source, in the full sense of these words.

Gods never gave people this help before. You were almost at the door of this opening, but nobody, except you, has entered it yet.

It is now time for cardinal changes, and the one who enters this door will obtain the Divine Consciousness in themselves, will feel Divine Presence in its integrity, inner peace and confidence, in its joy and enjoying life here, on Earth. It is true.

You can already feel it in yourself, and we are glad to see this transformation, the birth of a complete person in every respect, the person who without doubts and with pleasure goes along the road of her life; the person who manifests herself with all the sides of her personality, with talent, in harmony, openness and satisfaction.

Be confident of Yourself. We will help you. And everything you will need will be shown to you when necessary, so that all people of the Earth could take advantage of this possibility of a new birth and in their current life could become complete in their sensations, joyful, happy, and natural in their manifestation.

A change of one's vision of oneself in this world, balancing of all sides of one's being, ability to see the invisible, to feel this world, will allow one to become a conductor of the Divine energy into their world, having thus received the deserved Abundance at all manifestation levels in the course of their life.

Tranquillity, clearness of the goal, opening of all sides of a person's talent in different fields of knowledge that are necessary for the mankind, will bring harmony, health and prosperity into your world.

You are protected by our love. You are love itself. We are glad to cooperate with you at this important stage of the transition of the Earth into the fifth dimension.

We support you and love you all.

Tatiana: Thank you, dear Teachers.

20.12.2008

Hello Tania. We are glad to greet you. Today, despite this early hour (3:20 a.m.), you are awake.

Tatiana: Yes, I guess that because of the changes in me, my biological clock has got off. I have accepted your call and am glad to speak with you now.

Thank you! We have called you at this time of earthly silence because we know that you will be extremely attentive to our message to the people of the Earth as the „X-hour“ is approaching.

We want to say that we love you, people of the Earth. And we greet you today and always. So, let us begin.

Never before have the Gods been so kind to people as at this stage of your evolutionary development. The power of Knowledge is leading you to radical changes in you and in your world.

People are open to the Knowledge, and we are glad to see your auras lit by the wonderful light and to hear your thoughts. The thoughts of those who relentlessly work to destroy in themselves the heavy low energies of negative qualities, the emotions causing alarm, anxiety, fear, grief and many other low manifestations that lead you into life deadlock, and prevent you, despite all of your high aspirations for enlightenment, from seeing that light, joy, and satisfaction on your faces, of which it is told in all spiritual doctrines of the Earth, at all historical times of existence of people and the Earth.

We are Great Teachers of the Sacred Brotherhood of the Divine Intergalactic Federation. The Divine Presence, whose reflexion you are, has taken the decision „On root changes“ of those impressions of the world which you received in your mother's womb, and due to the situations that defined your upbringing conditions among those people and events in which you found yourselves, having expressed the desire to go the Great incarnation way and to return home clarified and cleared of the low vibrations acquired earlier, in other lives. And in the same way as you do now, you manifested those qualities that you had acquired by relying on those initial impressions of the world. They appeared in your sensations in that time interval of your life in this world which you could not understand and evaluate consciously, because you were unconscious. You accepted, no, you were compelled to accept those conditions in which you found yourself in the period from 0 to 14 years.

These initial impressions have become your mottoes by which you are guided in your sensations when you go along the life road, getting in situations where you confirm and assert in yourself the opinion that the world and all there is in it is the way you see it.

Sensations are a very subtle vibration of your essence, and you do not remember the moment when you accepted this or that motto, confirming it at different age periods, as these sensations and the opinion of the world define this movement. From 0 till 14 years you move unconsciously.

You know a lot about the chakras in your body.

A chakra is a complex and fine tool of your interaction with the world around you, with yourself, with the Divine source and the entire complex structure of the Universe and Cosmos.

Up until this moment we never told you that body chakras are information carriers of these mottoes that define the course of your life.

These mottoes are superseded onto the level of subconsciousness and duplicated in each of the seven chakras, causing in you those impressions about the world that are stored as information in your whole energy structure.

And none of you can define them in any accurate form because they are ciphered as archive records and as the guide to action in this world. This is the truth of your inner world that defines for you the truth about the world you live and act in today.

Besides that, in your interaction with each other by means of bodily, and then also out-of-body chakras, you create condensed, heavy vibrations, linkups by invisible umbilical cords between the fields and one or two chakras which allow you to manipulate relatives or the people close to you who are in intimate emotional contact with you.

We are glad that, by applying this knowledge, you help people to find inner peace and independence in solving life problems.

Teacher Jesus said that He came to you to separate Father from Son, Mother from Daughter, Daughter-in-law from Mother-in-law, so that each person went their own way, could know themselves, could manifest themselves with all sides of their being, could define and use their vital potential, their talent for the good of people, having thus confirmed their Divine origin, their power and the power of the gift that belongs to each of you from your birth.

But you, people, have never learnt to live independently and allow other people to go their own way, to find and feel the fullness of relationships.

The word was: „Revere your parents“.

But it was not said: „Submit to them at all age stages of your life“.

What is going on in your families?!

So many divorces, tragedies ...

Mothers roughly intrude in the life of their grown-up daughters and sons, considering that they have the right to manipulate them in the relations in their own families.

Fathers subordinate their grown-up sons, forcing the sons to serve them and forgetting that their son is already a father himself and has children; that he wishes to know himself, to feel his right to be a personality, to feel balance and harmony in his relationship with the woman he loves and his children.

People search for their selves, wish to understand their mission through the tools given to you: numerology, predictions, astrology, spiritual practices (yoga, meditation as escape from reality) to "grope" true sensations and impressions of themselves.

A person wants to feel themselves, to live in their world with themselves, without relying on daddy's and mommy's impressions of life.

These other people's impressions imposed on them are the "mottoes" through which they create not their own world but someone else's world which they greatly dislike.

Besides, they should constantly justify themselves before someone for not fitting their mommy's requirements, their mommy steadfastly watching her child not to let them („God forbid“) digress. „From what?“... They do not know themselves.

When parents see this discrepancy— they get very indignant! They immediately start trying to correct, change something in their child's family, forgetting that he/she is not under their care any more. They cannot guide, advise, intrude in their lives and freely come to their family territory anymore. They forget that they cannot control his/her behaviour, the behaviour of his wife (if it is the son) or her husband (if it is the daughter), cannot make demands of their obligatory presence at the parents' house for all holidays, cannot claim participation in every weekend's trips to the summer cottage to entertain their parents.

There is constant intrusion, control on the phone with a lot of questions:

Mother — to her daughter:

— And what did you do today?

— And what did he give to you as a present? Nothing? Well, he is not a good match for you.

... and so on.

Mother — to her son:

— Has she washed your shirts?

— And what did you eat today?

— She does not take such care of you as I do. She is not a good match for you...

... and so on.

They scrutinize relations, raise doubts in the partner, and do not let their children create their own atmosphere in family relations.

This undermines their optimism, there appears a feeling of alarm, and dissatisfaction, fear, and speculations begin:

„Probably I have, indeed, chosen a wrong woman/man for myself“.

And this is instead of taking a look at how these "advisers" live!

What have they achieved in life?

What are their relations with each other?

In what spirit, in what mood are they? Do they have the right to advise me something with that progress of theirs?

And if you think of it?

Think and consider this right now, this minute, putting aside this information and this book.

1. Do my mother and the father live in perfect harmony?
2. Are they happy?
3. Who is my father, what has he achieved in life?
4. Can they inconsiderately intrude in my world?
5. How can I feel inner freedom, confidence, having received their truth?
6. What truth about the world have my parents opened for me?
7. What is their truth?
8. What do they do, what are their interests, achievements?
9. Should I copy their model of life?

The change of „root mottoes“ leads to changes at all levels of manifestation of a person in the world.

The possibilities of a new birth are defined for every person, everyone is worthy of a new birth, worthy to pass on to the new level defining their possibilities. And together with the planet's transition to enter into the new world of sensations and experience of self-manifestation in the world.

This new sensation grows and supersedes everything that was before it.

„I am different!“, the person suddenly feels.

He/she rejoices at the new day!

They know that the new day will bring them joy, because they are different for themselves and for the world. They are ready to accept this joy and to radiate it in their world. And it is so important – to feel happy and joyful because they exist in this world and the world exists in them. And it is wonderful!

This is full acceptance of oneself, self-sensation in this beautiful world, full manifestation. This is the full self-opening, the Divine sound and harmony with the Divine energies expressed in your world.

“Your charm can be felt from a distance” (a quote from a film). Change the world in yourself. And the world will change towards you. And you will be the Love that you search for and cannot find either in yourself, or in people, or sensations.

The truth is in one's inner peace and in natural manifestation of one's Spirit, in the joy of one's self-perception in this world, in the expression of one's natural feelings of the manifested life.

You are natural in your manifestation, and the world is natural towards you!

PART 3. ON INTERACTION WITH THE WORLD

Chapter 1. Chakras. On the opening of chakras after the birth

Chakras are energetic centres on which the whole energy system of a person is based. «Chakra» is a Sanskrit term meaning «a wheel of light». There are principal and minor (secondary) chakras.

Richard Gerber gives a definition of a chakra in his book “Vibrational medicine”: “Chakras are special energy centres which connect us with multidimensional Universe. Chakras are the three-dimensional (spatial) gates located in subtle bodies and they accept and transform high frequency energy to assimilate it in the right way to use it for the transformation of a natural body”.

This book is not aimed at giving a detailed description of the whole energy system of a human, as the author believes that those who read this information have an idea of what it is. Here we shall have a look only at the seven bodily chakras and the tenth chakra (grounding).

So... On the seven chakras of the body, the tenth (grounding) chakra and where these “MOTTOES” came from.

Before the birth of a human there is a so-called “transition” of him from the world of light to the solid material world.

The essence accompanied by the Angel-Spirit Mentor “is grounded” to be in tense contact with the Earth and stay entirely inside its body which is to go through the stages of conception, intrauterine formation and birth at the place on Earth that this essence has chosen for its incarnation. It is the family, the country where this person will accumulate precious experience for the development transformation and sorting of the frequency substances of their essence to fulfil the mission of their life. Their aim is to learn to be effective, be able to successfully demonstrate psychic functions, try to achieve the purpose of their life, have an idea of their own needs and feelings. The person needs to transform reactions of fear to understand themselves in their body, learn not to reject their own experience and themselves. This is needed to overcome the problems and difficulties following us in our life.

Each personified essence takes its place on Earth. The tenth (grounding) chakra is responsible for that, through which the energy system of a human receives energy from the Earth.

Before and during the conception the tenth chakra selects the physical chromosomes which regulate the genetic structure, accomplishes the programming relying on hereditary information. It also selects from the genetic fund for each essence those genes which will enable the person to solve the physical and psychological problems of their life.

The tenth chakra is located directly in the Earth under the soles of feet at a distance of approximately 50 to 1,3 meters below the Earth’s surface. With the help of this chakra the person receives energy of the Earth and brings it into the physical system. In women this energy remains in the second in-body chakra, and in men it is the third chakra (based in the solar plexus), that ensure and support the energy inflow necessary for interaction with everyday reality of life.

This chakra is the key to the effective energy perception through the grounding of all other chakras' energy. It holds them in the state of mutual equilibrium and coordination. This is the energy funnel that constantly revolves, supplying the energy of the Earth to the everyday life of man, to the purifying processes that take place in a physical body, and so on. It holds and supports the entire energy system (aura-capsule) of a physical body.

Aura is the most important aspect of our energy system. It is the halo around all animated objects. Every auric layer, or belt, is connected with a certain chakra, and chakras themselves have connections with certain organs of a physical body. Barbara Ann Brennan in her book "Hands of Light: A guide to healing through the Human Energy Field" interprets this connection as a kind of a lock that enables energy exchange: «The points or tips of the chakras, where they connect to the main power current, are called the roots or the hearts of the chakras. Within these hearts are seals which control exchange of energy between layers of the aura through that chakra. That is, each of the seven chakras has seven layers, each corresponding to a layer of the auric field».

From the book by Diane Stein "All women are psychics": "Chakras are shaped like spirals, the point of the spiral rooted in the central nervous system at the spine, and the vortex or wide part of the spiral, passing through the dense body, at the front".

Each person can turn to their spiritual problems through a chakra or an energy tip. Having thoroughly studied and working with the system of chakra development, analyzing one's life, makes it possible for a person to detect deformed (wrong) chakras which have been exposed to negative and traumatic experience, and to find mental blocks in him(her)self.

"Spiritual blocks are misperceptions of the Universe and our place within it. They are perhaps most powerful and most important because they underlie every other issue. They can be caused by anything that happens to us, for us, or around us. These spiritual blocks or confusions about our own true goodness lie within the soul. Our soul carries everything we experience from life to life, from chakra to chakra, from cell to cell. The soul registers experience such as being shamed or praised, judged or supported, rejected or nurtured, being loved, hated, or killed. It records what we learned in Sunday

School, and it is affected by the false and true beliefs involving our higher, spiritual energy points. The soul itself imprints these beliefs about life, death, others, ourselves, everything within our temporal being.

Whatever the case, anything that prevents the soul from living in and through us is a spiritual issue.” (From Cindy Dale’s book «New Chakra Healing»,1996).

A human being was born, the Angel-Spirit Mentor that accompanied them to the moment of grounding and birth, leaves them. He has completed his mission. There remain the Angel-Chronicler, who, without participating in the life of a person, only records everything that happens, and the Angel of Presence, who supports, saves, prompts, and protects a person all the time during their life on Earth. He is always there, behind your right shoulder, you are aware of it and you can notice his support and assistance.

CHAKRA OPENING

FIRST CHAKRA (The ROOT CHAKRA)

The Root chakra is of red colour, sounds like “C” note, and is located at the inner side of the tailbone.

This is base energy that connects a person to the physical world. Using the energy of this chakra which has the attributes of:

1. *Physical strength,*
2. *Persistence,*
3. *Vital capacity,*
4. *Stability,*
5. *Strong will to live,*
6. *Sense of security*

A person programs his/her life situations in order to feel confident and comfortable, be proactive and feel secure.

This chakra is formed and opened before conception, at prenatal period, and develops until 6 months of life after a person’s birth.

This chakra records all information on how to stay secure in the world on Earth.

Everything that was happening to the mother's sensations is taken into account: her thoughts and feelings of the events that happened to her, whether she felt safe during her pregnancy, what thoughts she had during her pregnancy planning, in what conditions the child was born (a hospital, a plane, a train, a car or perhaps in a field or another unpredictable place).

All these circumstances determine your sense of security or danger and anxiety in your further life and are expressed in the motto recorded by your Angel-Chronicler, i.e., your conclusion made within the period of approximately 2 years.

For example: "The World is troubled", or, "The World is dangerous", if the woman felt danger during pregnancy, or she had complicated relations with the man, or was in doubts if she needed that baby. What was the atmosphere in the family to which the baby was born, and so on. There may be many situations differing from one another, nevertheless, all information matters for your sense of security in this world and on the way the world accepted the person.

The person will carry this sensation through their whole life.

It becomes their firm belief that the world is dangerous. And during all next age periods, CHANGING THEIR LIFE CIRCUMSTANCES, CHANGING SOME OF THEIR DEVELOPED QUALITIES, enclosing his/her world with a high fence, having accumulated wealth, the person doesn't feel secure, attracts people with his/her spontaneous anxiety, creating situations in which he/she again makes sure that the world is dangerous for him/her.

The SECOND CHAKRA is located at the level of the pubic bone, has orange colour, sounds like "D" note.

This is the elemental energy of feelings. The source of energy that nourishes, supports and heals our feelings. Here are located the models of human feeling that keep the energy system open and capable of adjusting to this world. In this chakra there are recorded the guidelines relating to feelings of the world and ourselves, our ability to respect other people's feelings, build comfortable relations in the family, at work, or with friends.

This chakra gradually opens at the period of 6 months till 2,5 years old.

At this time the child is always among people with already established relations. He/she does not participate in these relations but feels them and being present in the existing environment; the child gets sensations through vibrations of those people.

During the two-year period of the second chakra opening there happen a lot of things, which is reflected on the feelings' bodies, and at the end of this two-year period the Angel records the conclusion of what relations mean for this newly born person, whether they can freely express their feelings in this world or he/she needs to beware of something.

The conclusion is recorded in the motto.

For example: "*I DON'T KNOW WHAT IS RELATIONS*", or, "*I must hide my feelings as exposing them is too dangerous*" and so on.

Everybody has got their own motto, and the example may also be positive: "*I CAN COMMUNICATE EASILY AND CONFIDENTLY*", "*I easily express my feelings*". **This motto follows the person for all their life. The person behaves exactly according to it and not otherwise**, not realizing why. And this is their impression, their sensation absorbed while being in a certain environment.

The THIRD CHAKRA is the solar plexus chakra, of yellow colour, sounds like "E" note. It is the centre of emotional life.

The energy of personality opening, understanding of emotions, ideas of opportunities and success are located and accumulated here. This is the centre for forming global ideas, the place of decision making. The third chakra is related to what we feel about success and self-esteem. It conducts the universal energy necessary to fulfil our goals and tasks. This is the key area related to belief and trust.

The third chakra is opened at the period from 2,5 till 4,5 years of age.

The motto is recorded as: "What am I like?"

This is the period when the child is more active in communication with people: he/she attends a kindergarten, communicates with other people (babysitter, other children, relatives who come to visit, etc). And as the second chakra is already open and active the child feels the relation towards him/herself, hears what others say about him/her, and probably doesn't get the meaning, however, his/her body accumulates information about the sensations the child gets as a result of such communication. Our relations, response of other people and the world to us have a great value – they define our self-esteem, our opinion about others and particularly the idea of our personal power.

And the Angel-Chronicler records a motto of what you are, for example:

“I am a good boy”, “I am a good girl”, or, “I don't know what I am, who I am”, “I am disciplined”, “I am resourceful”, “I am shy” etc.

Prejudice, opinions and superstitions about oneself and others are also stored and activated by the third chakra. It rules intellect and ideas. Now this chakra gives up the judgments to the second chakra, which raises the emotions (a combination of sensations and aims).

In spiritual sense, a person's ideas of what they deserve and what they don't deserve, are formed at this age period and are registered in this chakra. In case a person doesn't believe in him/herself, there is the reason why it happens – people that are important to them do not believe in them and always show it by their attitude and behaviour. If, on the contrary, these important people believe in a person and support them, then the person thinks they can influence the world and deserve it, believe they can face difficulties – and therefore their whole life may be quite different.

The motto set at this period of age is recorded and placed into subconsciousness. It becomes the strategy of a person's behaviour and manifestation for the rest of their life.

At other age periods, if a person discovers in their behaviour the signs of this motto, they try to change but all they can change is the circumstances and some most uncomfortable qualities. The subtle vibration of their essence remains unchanged. And the reason to this is that the mankind has never

known about these “mottoes” that are necessary to find, formulate and re-record to fully change both yourself and environment.

THE FOURTH CHAKRA is the Heart chakra. IT IS THE MOST IMPORTANT CHAKRA. It is located behind the breast bone or sternum, at the heart level, has green colour, sounds like «F» note.

It conducts universal energy necessary for people to reach their goals. This space contains and emits energy of love into our world. If this chakra isn't blocked it opens real soul movements to us. The nature of these soul movements is childlike.

The chakra opens at the children's age of 4.5 till 6.5 years old.

It contains ideas of love, heart's wishes, relationships and principles of “give and take”. The feeling of compassion is created in this very space. The same can be said about the establishment of differences between sexes, the basis of love for oneself, for others.

A child at this age is very natural in self-expression. Very often the child asks one and the same question: “Mommy, do you love me?”, “Daddy, do you love me?” The child ask the same question of those people who happen to be next to him/her: mother's friends, relatives who brought him/her a toy as a gift, and the child asks again: “Do you love me?” The child feels free, takes love without any judgments, examines little flowers, insects, is happy to see the Sun and birds, explores, develops, tries and tests, and of course plays. If a person's parents have assigned an important place to the development of this spiritual energy, the person is sure to understand human relations and love him/herself, will be aware of when to give and when to take, when to be compassionate or firm, when they need to activate self-defence.

But if the child at this age has some negative experience, they will accumulate and then show the behaviour that breaches the natural cyclic exchange process. They will be limited in relations which will prevent him/her from an open and natural demonstration.

During these two years the soul explores and accumulates the impressions to make a conclusion which will be set as a motto. This motto

will describe what for them is love in this world, how he/she can act to grant his heart's wishes?

Example:

If the parents were demanding and strict at this period of life the motto can be recorded as: "Love is demands". Parents spoke to a child in a demanding voice: Go and do something and I will give you a sweet or a toy". A person with such a motto in their heart chakra will be demanding to others. A man or a woman in future, they will expect these demands from their spouse or children. In case there are no such demands, they will believe that they are not loved.

If a child at this age often hears the words as: "You must", "You have to", their motto will be recorded as: "Love is a commitment" and they will always have a feeling that they owe something to somebody – to their partner, children, friends, etc. They won't be able to realize why he's got such a feeling and such a motto.

If a child always feels being taken care of, their motto will be: "Love is care". Then at other age periods to feel love he/she will always take care of everybody, even if he/she does not get the same in response. Some people will be annoyed with this care (if it becomes too intrusive); some people will accept this care with indifference. Let him/her care if he/she wants this, this is what others say about them.

This is very important age and if a child at this time feels indifference, negligence, irritation, hatred and other negative vibrations, their motto will be: "I don't know what love is". Then for the rest of their life the person will be looking for love, eager to feel and understand it, but he/she won't be able to achieve it and will feel unhappy. This person will say to everyone that he/she has never loved anyone, never fell in love and doesn't know what this sensation is.

So, the motto is fixed, placed into subconsciousness, confirmed with life experience and becomes a manifestation strategy in relations for all his/her life.

THE HEART CHAKRA IS A CONNECTING POINT FOR THE SEVEN IN-BODY CHAKRAS.

This is the space for love which has conditions. The condition is a free manifestation of our nature.

The motto for this free manifestation is: “The world loves me, I love the world. I easily give and take the energy of love. I am love”.

THE FIFTH CHAKRA is the throat chakra, located in the base of neck, larynx. The colour is light blue. It sounds like “G” note.

The energies that lie in the basis of this chakra are regulated by senses: a person opens up to what he/she feels is right and rejects what he/she feels is wrong. They accept the guidelines which they want to get and reject what they believe to be wrong for them.

The chakra conducts thoughts, ideas and concepts coming from other human beings and different parts of our EGO.

The fifth chakra opens at the age from 6.5 till 8.5 years old.

It contains the truth set up and controlled by somebody, as well as created by a person. With the help of this chakra a person communicates with the world, with other people, shows him/herself through communication, openness, independence, respect to him/herself, to the world, to people. He stands for his/her rights and gets inspiration that is coming from the soul.

At this time a child has the most intensive communication with peers, as school life starts. A child has to make him/herself known, he needs to communicate, answer the teacher’s questions, learn to accept life as it is, obtain confidence, independence, openness, learn to live his/her life without declaring that others do not care about him/her.

Chakras that have been opened in preceding periods, and mottoes recorded on chakras 1, 2, 3 and 4, events, the child’s sensations, family relationships or other relations of life, the way the child was accepted in this world, play the key role for their open communication and independence.

The way a child can realize that:

- *freely and loudly make him/herself known;*
- *he/she will speak in a quiet voice because he/she believes that it is dangerous to speak loudly;*
- *he/she will speak only when he/she is looked at;*

- he/she will shout everywhere and all the time to be heard.

This depends on family environment, on the attention to the child and parents' permission to speak, ask and get or no get the answers to his endless questions.

Example: a child was never listened to, he/she was called to order in a rude manner, did not get answers to their questions, was being punished, evaluated with offensive remarks, etc. All these factors will influence the child's life motto with which they will go on in life.

The child becomes vulnerable, easily accessible for manipulations of malevolent people. Getting guidelines from doubtful sources, he/she even can make decisions which may lead to poverty, to relationship problems in his/her future family and even to health problems. They can also cause many other problems, from financial issues to serious throat diseases.

The **motto** that describes one's free manifestation in the world may be the sensation: "I communicate freely and openly. I am independent and confident".

THE SIXTH CHAKRA is the forehead chakra, or the third eye, located on the level of forehead. It is in the back of the head. It is represented with dark blue (indigo) colour and sounds like «A» note.

This chakra opens at the age of 8.5 till 14 years old.

This chakra influences both our inner and outer vision. It is the centre of creative visualization, where our visions are implemented into physical reality. There are revealed sensations that show the world's attitude towards a person, fulfilment of their desires, ideas that correspond to the reality, or negative ideas, desire to act, stability of feelings, estimation of one's appearance, acceptance of or protest against anything that does not correspond to inner sensations. It also shows strength or helplessness in making and realization of plans, our abilities in this world. Following the right vision provides the person with a feeling of their own importance.

If a child in his/her teenage experienced negative emotions from close people, felt fear, his/her desires were not fulfilled, there were conflicts at home, at school, with peers, the child cannot positively accept this world.

And the Motto in this case will be: “The world is alarming. I don’t know who I am”. This or similar “motto” will be their guideline in the next age periods, and the person will not be happy, pleased and satisfied all their life.

The positive “motto” can and should be the sensation: “The world loves me. I love the world. I have self-respect and clearly understand who I am”.

THE SEVENTH CHAKRA is also called the crown chakra and is located on top of the head, slightly to the back of the highest part of the skull. **The opening of this chakra happens at the age of 14 till 21 years old.**

This chakra opens us to the Divine consciousness and positive ideas of the Universe towards us.

The colour of the chakra is purple. It sounds like “B” note.

The energies that are the base of the power of this chakra, heartfelt connection with one’s own spirituality are the belief in one’s abilities and life values. There are no opinions or convictions on this level – only the state of acceptance. There is the sensation of a positive approach towards the world, a feeling of harmony.

The positive sensation described with a “Motto” should sound like this: “I know why I am here. The world is open to me and I am open to the world.”

CHAPTER 2. ON ETHERIC UMBILICAL CORDS

Those connecting etheric umbilical cords (energy cords) are energetic connections between people, beings and different parts of a human; they usually have the function of negative correlations.

The umbilical cords are formed when we enter into a relation, when we conclude a “contract” with another person for the satisfaction of our needs.

These so-called “contracts” can seem favourable until we understand that they usually form because of the feeling of fear or destructive convictions.

These convictions (everybody has their own truth) lead to a condition which forms destructive habits in us, which bring us to the low quality level of the relations we are bound with.

Etheric umbilical cords are dangerous especially by the fact that they exist for years and even for the entire life.

Example:

- Mother – daughter
- Mother – son
- Father – son
- Me – sister
- Me – brother
- Me – friends
- Me – boss

And other forms of relationships within the root family members and the people who came into our life for help or communication.

Etheric umbilical cords are established between souls, between minds, between different physical bodies (other combinations are possible) during one's entire life.

They affect us directly (relatives) or indirectly (teachers, friends), but almost always their influence is negative.

They cork up our energy system, fill the openings that must be opened, obscure our chakras, our independent vision, fill the openings that must be clear, and damage the barriers that must be strong.

As a result we cannot effectively work with our energy system; we simply cannot even use it. Until we closely study our energy connections and understand the reasons for their existence, we will not be able to break them and avoid manipulations of other people and relatives (mom, dad, brothers, sisters, grandmothers, grandfathers, aunts, uncles and their relatives). We must actively deal with our lives, think independently, take decisions, obtain inner freedom and feel joy from the results of these actions.

You have come to this world to live, and not to deal with manipulation of those people who have revealed your weak sides that are reflected in your qualities and feelings (shyness, fear of rejection, fears, inability to stand up for yourself etc.), they manipulate your life, using you and making you do what they want.

These people waste your lifetime to please themselves, without making it possible for you to go on your own way, to live the way you want.

A man is a simple creation by nature, but a very complex one in terms of external manifestation of this nature.

When people think for the first time about their nature, they do not realize branching and dimensions of consciousness of each individual.

The influence of the world, temporal thoughts and feelings are easily transferred, consciously or unconsciously, from one person to another; and in this transfer of thoughts and feelings no one - either sender or recipient - has any guarantee that the original attitude and form of their intentions will remain inviolable and untouched.

And if the light that is inside a person and can be transferred to others is undesirable for them, the people who easily become the victim of his/her thoughts and feelings, or those who have natural similarity with him/her, can reproduce these thoughts, feelings, events in their own world as a mirror reflection.

Example: the daughter repeats in her life all events that happened in her mother's life – diseases, the pattern of relations with men, etc.

And if one does not tear these etheric umbilical cords, one can never belong to him/herself, and will never find his/her destination in this life.

My mission includes the plan to detect these etheric umbilical cords and the Permission from the Hierarchs of the Planet to break them, release people from undesirable manipulations from the side.

It is necessary to help the soul within the person to occupy the dominant position over his/her way of life, which will thus improve the quality of his/her aura (the integrity of energy system) and the quality of his/her life and health.

A person must understand which way this process of mental and sensual transfer is capable of helping or preventing them from something in everyday matters, if they are connected with someone by an etheric umbilical cord.

This method has been used by me for eight years, and many families have found harmony in their relations with own and close people, found the feeling of internal freedom and improved their life situations.

With love,

Si-Lvia

Chapter 3. Questions and answers

Question: *Why do I need refocusing?*

Answer: Refocusing is needed to clear your emotional, physical, and mental body. By your spiritual development and realisation of your place on Earth and in the Universe, you get access to the Universal Consciousness, thus making easier your way to physical, mental, emotional, and spiritual ascension.

Question: *What is Ascension, this term scares us. Can it mean that we are going to die, and then be born again?*

Answer: Ascension is a certain stage of the process of a person's development. It is the change of the focus of consciousness. It is the natural evolutionary process of all beings. As eternal, spiritual beings you were created by God to expand His experience. You arrive on Earth again and again to receive experience, to learn and to know this difficult dimension.

All of you are very involved in material life. The only problem is that material things make you drowsy.

You cannot hear the call of Spirit, and cannot feel Spirit in yourself because of your first impressions of this world, because in your movement forward in life you rely on your mottoes and on your truth only, without paying attention to the world where you arrived.

Gods have tried in vain to wake you up at all times of Earth's history, but these very mottoes dulled your consciousness of the truth of this world. Now at this evolutionary period we understand how important this is, and the time has come to make a point of it.

Rejection of one's own divinity is a huge barrier which must be overcome in the process of ascension. That is why first of all it is necessary to clear the emotional body. The emotional body has accumulated low-quality, low-frequency energy from all your physical incarnations, because, relying on „your own truth“, you kept resisting and constantly struggled for the best place in the sun. The dense emotional body accrues like a dense cloud round the physical body.

Emotions like fear and anger, or sense of guilt, vibrate on very low frequencies. They cannot be transferred to the area of higher frequencies where there prevail happiness and love. Your bodies, emotions and spirit consist of the energy that vibrates on different frequencies. Your chakras define these vibrations and sound with a certain sound, all together making an octave. You are every note of this octave.

Every one of you should sound like a perfectly tuned harpsichord, but you do not produce any sound, and Divine music does not proceed from you, as your chakras are deformed by negative emotions and your negative impressions of this world. Therefore there is this necessity to overwrite these impressions with positive ones in order to consciously allow the

Spirit to pass freely through you. This will be your emotional ascension, the key to freeing yourself from low frequencies. You will change much earlier than those people who will follow the general evolutionary process – they change, too, whether they want it or not. All people participate in this process of changes, including Earth itself.

Question: *And what about the lesson that every person born here on Earth must go through?*

Answer: Great changes are happening right now. There is an evolutionary process, a new coil in the consciousness of mankind going on. Earth's karma has been suspended, as a result of which this lesson through which you were supposed to find the mistakes made in your previous incarnations, thus having found yourself in life situations and family environment where you yourself chose to be born, has been suspended as well. You made a choice, you received impressions of this world, and further went on in life, manifesting yourself in this or that way and receiving results which do not suit you now. You accumulate more and more stress, negative low-frequency energies for your emotional body. And you cannot leave this vicious circle. A lot of people now are in search of what they call truth. But the truth is in you.

All new things that you learn in life become the truth for you. People expect help from some higher beings from other dimensions, but they themselves are these beings. Every person has a Higher "Self" which exists simultaneously both in your dimension and in other dimensions. You have a constant communication with your Higher "Self". Your karma has been suspended for you not to add new low-frequency energies to your emotional body, but to clear it from them, and to clarify all your levels of manifestation in this world.

You have been granted the permission to the „ascension of vibrations”, which allows you to create the following life without leaving your physical body. For a certain time you will remain in a state of duality, but now you will take it much more easily as the underlying reason of your earthly existence will open for you.

Ascension is a way of integration of all parts of oneself. You are a multidimensional being. This is your memory of yourself as a five-dimensional person. All of this demands a change of the paradigm of human consciousness, because you are a spiritual being in the form of human.

In order to get rid of the heavy low-frequency energies, to remember your DIVINE ORIGIN, to overcome the breach between you and the world, and to come nearer to the huge resources of Universal Consciousness, you have been given the knowledge of "mottoes" and the possibility in shortest terms of earthly time to clarify your emotional, physical, and mental body and to come to a new, high-frequency manifestation of you in the world. It is SIMPLY A NEW STAGE, THE NEW KNOWLEDGE ON THE WAY which will be of great help in the search for the way for those who search for themselves in this world.

At all stages of development new ideas and new knowledge should be gradually integrated into mass consciousness in order to cause constant changes. This knowledge will help to restore the true value of man for man to occupy the right place in the integrated Cosmos.

Everyone should come to the understanding that they are an integral part of a whole. It is a step in the spiritual evolution, it is the development of strong-spirited and responsible personalities who respect their own contribution and can take on the responsibility as members of a group. And when you are in a state of „your own truth“ that is burdened with low-frequency impressions of the world, you cannot find peace of mind, you keep thinking that the world is dangerous for you.

This knowledge will help a lot of people to draw attention. And it will explain to the people who practice psychology why people cannot communicate positively in groups or within a

family. It will help understand why there occur conflicts, quarrels, and why people cannot feel calm and rejoice at their success.

Part 4. Instructions for those who have passed refocusing

„Rejoice every instant that you live“

Keys from Paradise

At all I look, a bird with sharpened sight,
And I see people dying next to hell.
And not so many did the gods select
To knock on door and ring the Heaven's bell.

And why? Some people found passwords,
 And understood the essence of their life.
 Whereas the fallen who had no understanding
 Have changed for money their love.
 The chosen now have both day and night,
 Light lives in them from sun and moon.
 They have torn the sheets of past,
 And said "Let all of it go away!"
 While those live in outer darkness,
 With souls almost at the bottom,
 And not enjoying light of day,
 Their eyes are blind, and covered with grey smoke.
 But I will not discourage them today —
 For I myself have just been born,
 And nearly reached the edge of hell.
 But found the keys from paradise in time.

(Margarita Skachkova)

Chapter 1. That happens after refocusing?

Every day, after the moment of refocusing on the positive perception of oneself and of oneself in the world, amazing things will start to happen:

The first stage — 21 days (memories from 0 till 14 years):

Within these three weeks there arise memories, "pictures" from childhood — about those situations, people, events that "have helped" you without even knowing about that, in the formation of your beliefs, mottoes, destructive behaviour patterns, negative programs, emotions, behaviour strategies. These are the family "history" stored deeply in our DNA, in the entire energy system of a person (see the information on charkas in the books).

These are the impressions, sensations, conclusions (mottoes) made by you during the formation of your self, when you were being convinced that there is an objective world, perceived by all people in the same way, and that you should obey these laws.

But it has been already a long time that scientific research in the quantum physics has more and more convinced us that there is no objective world, there are a lot of worlds. Every person lives in their own world which they feel and create in their own image and likeness.

What is a world?

The world is what we think of it! It is you who chooses and decides whether it is good or bad. It is not the world that creates you. It is you who creates your own world. And it gives you the power over the whole world, over your own world.

Everyone has their truth, and this truth is within the person. These are the records of mottoes that are automatically stored in the archive of your soul's evolutionary development.

You do not even remember how they have got there?

These are the conclusions that were made on the basis of your actual environment, your emotional interaction with those people who were around and imposed their truth on you by their behaviour, rules, punishment, demands that you had to meet...

These are the things you are going to recollect in the first week of refocusing.

Why the person who possesses unlimited potential voluntarily turns into a helpless being?

Why do you always behave in the same way at any age period and as a result again and again "step on the same rake", "run circles" like a cat after his tail?

What is the matter? Why?

It happens because your mottoes recorded in charkas and then forced out into your consciousness and subconsciousness as rules, as a guide to action, force you to act in the same way, time and again repeating your mistakes, creating your world by means of your thoughts and sensations, getting into the trap of single-sided judgments that show you different phenomena and relations only from one point of view — from the point of view of your mottoes, thus hiding new possibilities from you.

You go through your life with the memories of your family "history" plots:

1. Loneliness (you have been abandoned)
2. Judgment that the world is dangerous (nobody wanted you)
3. Lack of trust (shyness, desire to hide away)
4. Loss of self-appraisal (you have been humiliated, punished, somebody has been unfair to you)
5. Hostility (you have been rejected)
6. Treachery (loss of interest to life)
7. Fear (balance loss, loss of the ability to move forward)

Everyone feels and perceives the world in his/her own way. Everyone has their own truth. There is no single truth. There are a lot of truths. And everyone has their own one.

But the question remains: "Does this truth, i.e. our impression of the world, of ourselves, help us, or does it stand in the way of our development?"

Our own world alone is not enough for us. All of us strive to find out who we actually are, what are other people, and, hence, we analyze, over and again causing disputes, starting conflicts, bloody wars, because it is impossible to see the world with another's eyes.

You are what you think you are. Sooner or later we should master new skills of existence in this world.

By means of your new thoughts and sensations you can change the world, your own world. This will instil a wonderful force in you. You will fulfil the desires of your heart, feel yourself in this world just how you wanted to feel before you decided to visit planet Earth, before your birth, before you passed through your mother's womb. You will be able to do with your world within this world everything you wish and thank for this possibility your free will that you once lost in the process of upbringing, when you automatically forgot about the support of the Divine source and separated your material "Self" from the spiritual.

New "mottoes" will enable you to feel free in this world, to get to know the positive experience of which you are worthy!

During, or after, 21 days new sensations on charkas are engaged. The person who comes across a new sensation tries to distinguish it, experience it on the personal level, but cannot accept it let alone use it. It is later, in the situations created and given at the person's disposal, that the person will be able to reveal themselves in a new sensation, but it is not yet a quality or a trait of character. The sensation becomes this later.

The second stage of refocusing is the next 21 days (memories from 14 till 28 years):

During the second stage there happen events in which you recognize yourself in new sensations. Your behaviour and reactions, even in negative situations, are accepted more reasonably, calmly. You understand that your inner world is changing, you see situations and people's behaviour towards you and evaluate and understand what is happening, whether it is pleasant for you or not.

In any case you get a possibility to show confidence, firmness, say "yes" or "no". This may have bothered you earlier. You were shy, did not want to cause conflicts, felt fear, inability to struggle for fair treatment within your family, at work, in communication with

your friends. You suddenly realize that it is now possible, and you start to manage situations in your life. You choose what you personally enjoy. You live your life, create your own atmosphere in relationships, and feel confident, cheerful, and natural. Without feeling out of place, you are confident to take decisions that will change situations. These situations will become much more positive, and you will feel joy and satisfaction, fullness of relationships, inner freedom and the feeling that you are worthy of love, joy, amazing events; you will reach full equilibrium and self-trust.

To be oneself is the desire of every person's heart!

Question: What happens in the life and sensations of a person after 42 days of refocusing?

Within the 42-day period (or 6 weeks) of refocusing you recall and live through all the events that helped to accept those "mottoes" which you have been guided by in life, showing yourself in a certain way. In the way how, according to your intuitive perception, the world has accepted you. You recall the people, events, situations, your sensations and emotional experiences – all that has time and again supported you in your judgment of the world. You once again live through all that has happened in your life.

What you recall is automatically erased from your memory on the DNA and genetic level, and this information is replaced by new mottoes defining new sensations which you find, as though accidentally, in communication with people, in different situations of your life.

You suddenly notice that your reactions to the world are real. You are not in a state of trance when you speak and hear what you speak about, you have developed the ability to instantly analyze and find proper words. Your inner agitation has disappeared, the feeling of shame, fear that you might say something wrong and offend another person. Suddenly you can feel the other person during your conversation with them. Your perception has become more refined – you can guess and feel the other person's condition, their mood and sincerity when talking to you.

All of it is now on the surface. Here it is — the real perception of the world and of you in it.

But it is only a part of those sensations that you will have to experience when you come to inner rest, joy, naturalness in your emotions. This is what gives you the feeling of inner freedom as that veil has been removed, **that illusion of Maya** which was throwing you into confusion, into obscurity, where you could not distinguish further way through your actions and emotions.

Where to go further? After you received this or that result but did not get satisfaction, pleasure, but only a feeling of emptiness and a question: "What now?"

The third stage of refocusing is the period from the 42-nd to the 63-rd day:

Within the next three weeks (21 days) there will be a stage of deep self-comprehension – what am I, who am I, what have I accomplished, what did I do it for and what do I do next, how do I live?

You will suddenly feel emptiness, indifference; you will feel as though you are in vacuum, surrounded by emptiness and not bothered by anything.

This is that very point of liberation, of getting inner freedom, of the sensation of self. This is You, the one that you have been searching for and wanted to feel for so long. You belong to yourself.

And at this moment there comes the comprehension of "who I am", what I have been doing, how I have lived, what I have been proving to others, who I have been defending myself from, what situation I am in, who I depend on. What I have personally done for

myself, how I live, whether I have created that territory of comfort which suits me and on the basis of which I can go further and feel complete, confident, happy, joyful, and natural.

Here it is – the awakening!

And if you have been constantly proving to someone (your mother, father, teachers) who said to you that you are good for nothing, that you are actually better than they think of you, and, with resentment in your soul and heart, have been trying to be better, braver, to show talent that these people have been destroying by forbidding you to do what you have been ready to do, or simply have been jealous of your talent and declared you a nobody, because they have been afraid that you might be better and brighter than them, so at this stage of refocusing you will recollect everything — and you will feel resentment, bitterness, emptiness.

But... don't be sad and sorry about anything. Remember! You are talented at what you do. Those illusions of Maya you used to have, those "mottoes" with which you went on in life, are removed! Nobody and nothing can stop you now. Fill your life with what you have always wanted to do and feel.

Now your talent will show in a new light. You do not have inner restrictions, you can see and feel that the world is not so strict to you, and you can receive what you once wanted but could not afford to have because of your parents' and teachers' interdictions.

But now nobody interferes with your actions, you feel this confidence and love in yourselves. You are co-tuned with the Divine source, and Divine presence is shown through you — through your reality.

Go, Man, bravely and resolutely along your life, and you will see that you are sure to get what you want, and to rejoice at your presence on Earth. You will feel that you can do so much; you will see that what you can do goes well for you. You will achieve the results you strive for.

You will understand the mission you are commissioned with, see what qualities you must work out. You will recollect your dreams of living this life, your personal dreams, and not the dreams of anyone else who governed you for their own sake.

Fill your life with new events, desire different things, and rejoice!

Question: What occurs in the life and sensations of a person after 63 days of refocusing? How will he/she be able to show him/herself, manifest him/herself to the world?

He/she will feel according to the new positive "mottoes".

If some negative attitudes towards the world have been revealed in them, then during the subsequent periods (63 days) they will see their own former or present behaviour as if from aside. An almost imperceptible thought will occur somewhere deep inside their consciousness during their conversations and actions, the thought comparing the way they would react before and the way they feel now, after refocusing.

In their reflexions and sensations, during the analysis of events, they suddenly will mark for themselves: "What is it?"

It is something different, not similar to their previous sensations in those or other situations of communication with people.

One can now regulate and operate their emotions spontaneously, which was not noticed before. That means that during communication the person is not in a state of trance or defense but can now perceive what is happening as they can hear what they say and can trace reactions of other people with whom they communicate now.

The illusions are removed.

You accept the world really, very really, and you notice, analyze, react right here and right now, instead of afterwards, not like before, when after an action or conversation with

certain people you would say to yourself: “I wish I had told him ...!” or “Hmm, I had to say it that way”.

But you must not relax and expect a god-send.

You are a human, remember that. So you must live as a human.

You should find it in yourselves and understand, **whether something similar to that freedom that you feel now has been worked out** before the moment of your refocusing on positive perception and acceptance of new mottoes about self-sensation in the world?

You may have some illnesses, deformations caused by your "old" sensations. It is your former emotional background that has caused these diseases, as well as the events that aggravated these diseases, deformations, blocks, vertebral hernias.

Now that you have been released from your illusions, you should deal with your physical cover, your body – you should shape it and rescue it!

Do something you can do, and what you will start doing will work for you, and you will see the results of healing. If the same means you used before did not help, they will help now. Act and you will see the result!

During the time the new sensations will be occupying their place in the manifestation of you, you will automatically, instinctively start to rely on them. Your body, your mood, your life will gradually enter into a harmonious atmosphere of your self-manifestation in the world. The world will give you everything you secretly dreamt of, somewhere deep in your heart.

In different situations you will notice that pure miracles happen around you. At first you will be surprised, you will admire that. Then you will start to accept it as natural, as though it has always been so in your life.

You will learn to live in this amazing, wonderful world, and feel pleasure waking up in the morning. You will find out that your fears are gone, they are not present in you anymore, you are calm and can think reasonably because you see and understand what you are like, and what is happening around you!

You see and feel people; you understand and feel their vibrations, motives of behaviour, their mood. And therefore, you notice that you see yourself correctly. Your reactions, your answers correspond to your mood, and not to the person who wanted to take advantage of you and your time.

You have found out that you have managed to answer "No", and that earlier you could not afford such luxury, and would be annoyed that you have offended someone, or at your weakness, inability to refuse when it was necessary.

And now your confidence, strength of mind, self-respect is growing, you can feel this force, it makes you happy. You are learning to see events and yourself in them really, to avert any impudence towards yourself. In the past, in a similar situation, you would prefer to tolerate things, and then would be upset that you could not answer, change something, you were fussing, trying to live up to someone's expectations, played the hypocrite, kowtowed to others to make a better impression, were afraid that you would be accused of something or punished like in childhood.

But now you have remembered that you are adult. The inner child, whom you were protecting, has grown up. You have felt integrity, self-sufficiency, freedom. You have felt that you EXIST.

You have become yourself; you have found yourself in yourself!

And it is you, you trust yourself, you live the way you wish to live.

Within 6 months after refocusing you will understand, after having felt, having noticed, having accepted your different self, you will understand that you are different, not the way you used to be. Your life has changed. Probably you have lost some of your former acquaintances, the people who caused you only troubles by forcing you to be the way it was

convenient for them to see you. And you are not scared to go further without them because you know that you can do it all.

You show yourself in a different way, your talent in your chosen profession sparkles with new sides. There are new ideas out there for you, new strategies and tactics for achieving your goals. You have gained regularity, patience and tolerance towards yourself, people, and events.

The world will respond to you with new situations, with the fullness which you were looking for and could not find both in yourself and in the world.

El Moria

Chapter 2. Recollecting everything!

Now we shall dwell in more detail on what can occur within the 9 weeks of refocusing (on a weekly basis) in the process of replacing of the negative which you carried in yourself during your life on Earth till the moment of refocusing. This negative originates from the force field which is your energy cover and its "tools" of interaction with the world and the Divine Source – this is a system of chakras, energy fields making your aura, beams of interaction with the Divine Stream, your genes and DNA – all of them serve as recorders of your life on Earth in your dense body.

The first week — Memories from 0 to 14 years

If during this life period which you do not remember at all everything was more or less ok, this week will be pleasant for you, and everything will be calm.

The second and third weeks — Memories from 14 to 21 years

You recollect events, people, situations, your sensations, reactions to the world.

They are mainly bad ones, those that were unpleasant to you. You may feel unpleasant moments, alarm, anxiety, irritation, anger, insult.

You may feel all that you felt at school, in the army or in any other situation of that period.

This is the physical acknowledgement of the mottoes which your energy system formulated for you in the period of each chakra opening (from 0 to 14 years).

The fourth week — Memories of the period from 28 to 35 years

You recollect events, people, your sensations, behaviour, and reactions to other people.

You get a comprehension of what you were doing during this period, whether you liked it or not. Whether you chose that occupation yourself or it was imposed on you by your parents.

Some childhood situations come to your mind, when you were forced to do something which you did not want to do or did not like.

So that sensation was present at this age period. And at that you did not enjoy what you were occupied with. You were not happy with your job or your relationship but you obediently fulfilled others' requirements, thus feeling dissatisfied.

Your organism reacts to these memories in the following way: you feel irritation, anger, panic, nausea. Muscular pains, sickness, rheumatic pains may occur.

If you recollect something unpleasant, do not resist it, release it, and do not look narrowly into the past as your energy system reminds you of it before it erases all information from your DNA, genes, chakras, and energy fields.

You should boldly say to yourself: „Yes, this has already been in my life. I am cancelling it“. Cancel everything you may feel during this period.

Cancel your unpleasant feelings, irritation, regret, hopelessness, discontent, anger at some people you recall, insult, spiteful insult, fear of any origin, obstinacy, superiority complex, or a sense of permissiveness in relation to other people, and a lot of other emotions and feelings that evoke unpleasant memories in you.

Do so every day, hundred times a day, until you feel calm in your soul. When you cancel what you have recollected, your energy system automatically erases all low-frequency accumulations in your emotional body for ever.

And you will not remember these situations and people that have caused you pain. And even if you do, it will cause no pain to your soul.

After the "old" information is erased, new mottoes take the place of the superseded information, and at some point you will feel internal calm which you strove for but could not find in your soul. Now you have finally felt it, you have noticed it.

Then there comes the next stage.

The fifth week — Memories of the period from 35 to 42 years

You recollect the situations from this life period or from the recent 2 or 3 years of your life.

Because in reality or in your dreams you recollect only what was bad for you, there once again rise irritation, anger and discontent. You are intolerant to those around you, you feel angry. You can start to suffer from headaches, neck pains, and tension in all your body.

Your energy system is being cleaned, its vibrations become thinner. You become more and more sensitive to the questions posed to you. A strong sound may irritate you; a loud voice may tire you. You want to be left in silence, to see nobody and to talk to nobody.

It is a normal reaction. (Your organism starts to change and adjust to the new energy) ...

You remember insults, quarrels, people who manipulated you without you being able to resist them. You are angry, but this is the anger at yourself. It was you who could not cope with situations, with yourself, with circumstances, and you did not know why it had to be this way and not another that you reacted to some events and got the result you did not like.

The sixth week — Memories of the period from 42 to 49 years

This is the week of your sensation of yourself. You have felt that you somehow differently react to the world. You can see and feel its reality. You can hear what you speak about. You can well see everything around you, at home, in the street, you can see what you did not notice before because you were deep in your thoughts which constantly crowded in your head, and you felt alarm and anxiety.

You recollect all that occurred in your life more profoundly, there appear thoughts about yourself. You recollect situations which you were part of, but it is a look at you as if from aside, like in a cinema. You are a spectator who watches your own life.

In the mornings there may occur some swelling on your face, some rush on your body, or a headache. You become hypersensitive to any stimuli (like light or sound).

There can be insomnia as the quantity of energy which passes through your body has increased, so you feel vivacious and are not sleepy. All your energy fields are stimulated. It is a temporary thing.

Soon you will go through harmonisation and adaptation to the new quantity of energy you attract. Everything will come back to normal.

The seventh week — the beginning of your new world and your new sensations in it

You have taken a step to find God in yourself (what spiritual doctrines actually call on us to do) – and you have started to think independently.

Now you will not blindly follow anyone or anything, since you have begun to perceive the world really. You have felt the "transparency" of all situations, of people's behaviour, of people's essence and their attitude towards you, i.e. you can feel people because the frequency of your energy system vibrations has intensified, and you have become more sensitive to the energies of your surrounding space.

You have gained a refined perception of the world.

Books you read are clear, and you can understand the people you communicate with. You see yourself the way you are now.

You feel a burst of energy as your laziness and anxiety have disappeared. There has appeared a feeling of joy, of naturalness in your actions; there come thoughts of the future.

You start to have desires, and to understand what is happening in your life at the moment. You realise how you lived before and what you have reached.

You are not tormented by any disturbing thoughts. You are free. You have felt freedom inside.

The eighth week

These are the deepest and heaviest energies which are shown in life in the form of qualities you used in your life situations. They have led you to certain results and memories which deeply hurt you.

All of it is accompanied by a state of depression expressed in rage, hatred towards someone in your memories, in some strong emotions. Pains in some organs may occur.

You should not go on and on about it. Once you have recollected something you should release it to avoid pain.

The ninth week

There comes a comprehension of the real picture of the world, of what there is in your life. Who are you? Who do you consider yourself?

What are you like now or what were you like before? How have you lived all this time, what have you aspired for?

What are your results?

Who are you with? Are you single or do you have a family?

What is there in your life? Any children, partner, business?

What are you occupied with?

What have you lived by?

Are you satisfied with yourself or not?

What are your relationships with people around you?

During this week you clearly understand what state your life is in. Whether all is perfectly in order with your feelings, your financial situation (owning an apartment, a summer cottage, a car, a job)?

Who loves you? How do they express it?

Who do you love?

There appears a real picture of who you really are and what you have got in life. And how you feel with what you have. Is it pleasant for you? Are you satisfied with it? Do you feel pleasure?

And what have you thought of your life before?

All of this is accompanied with a feeling of chill, you become highly nervous and critical. You feel internal resistance towards everything that is going on. Then there comes internal shiver, a feeling of detachment. Exhaustion. Indifference.

Your pancreas may react to this state (pain, intestinal disorder).

You should be guided only by yourself, and your thoughts should be about yourself.

Note: If a person is not yet in the specified age periods, nevertheless, their force field evokes the memories that served as acknowledgements of the mottoes already recorded for that period, confirmed by different situations of your life, by your resistance to these situations and people who took part in your age period at the moment of refocusing. And it is unimportant how many years you have lived on Earth. All the same your system will be cleared of the low vibrations which you introduced into your life from your former lives.

Refocusing can be carried out starting from the age of 12 years old.

Considering all the complexity and intensity during the "restart" and re-structuring time, it is necessary to make an important warning!

Attentively and scrupulously approach each individual who wishes to get into this stream of changes, and consider the components of this individual's life stream by asking them some questions to test their mind and intentions. There are people of conservative views who do not trust either themselves or the world — who have essential bodily deformations in the form of serious illnesses, mental deformations; or people of the age worthy of the Earth itself, who, having recollected everything about their life, will not be able to start all over again, and can enter into a long depression as a result of their regret for the life time they missed and for the expected results they never achieved after the aura clearing.

And act strictly toward those people who, having lived on Earth a part of their productive life (35-40 years) and having thrown off the bondage of low vibrations, will see the reality of how they lived all this period: without ever aspiring at anything, being in a state of idleness, insult or rage; who at the moment of insight will realize they have nothing to lean on in their life. It is impossible for them to rejoice at their results and to adequately evaluate the results of their stay on Earth.

They will be hurt and bitter because of their wasted time and their empty life.

These people will change gradually, by increasing their vibrations in the general evolutionary process of changes of the whole mankind and the Earth.

We ask you to turn down such people in order to avoid overstrain of their soul and physical body and deterioration of their emotional state.

It will be defined as the feeling of a loss of the meaning of life as the fire of the Threefold flame of heart ignites and connects the human with the Divine Source. This assumes the reality display in the vision of the world and of oneself in one's world at all levels of life stream's display on Earth.

A vibration increase brings a person to a multidimensionality of perception, which enables them to have a thin sensation not only of themselves, but also of the pressure from the

energy covers of the people in their life lessons, who probably are in for a gradual evolution for the transition to the fifth dimension without preliminary refocusing.

The people who have changed their "mottoes" in the given period are our assistants in people's aspiration to change themselves before the «X» hour comes. Even if you do not participate in their life streams, but just stay next to them in different life situations, your presence itself will change their power field, clarify it and raise their vibrations, even if you do not put such a task before yourself.

El Moria

Chapter 3. 63 difficult days after

A question to the spiritual teachers: Can we consider that the person has already changed if within 9 weeks their energy system has erased at all levels the memories of their negative reactions to the world and the people? What will happen next?

Ask yourself the following questions:

What reflects your internal life at the moment?

What am I like?

How do I live?

It is necessary to fix your "mental transformation" to be able to open yourself in you, to open your unique individuality in the subsequent time, after 63 days of re-structuring, when you are free from the old mottoes-slogans that accompanied you in life and made you think that the world was really the way it was for you when you were a different person.

Now you should find and feel these mottoes with which you were born again.

After these 63 "painful" days are already behind, these nine weeks of memories which forced you to plunge again into past events, this is the moment to meet the people and situations that caused your irritation, anger, discontent, fear etc.

This was happening because your energy system, before erasing the old negative information, found it and brought it on the level of consciousness, thus reminding you that these events, people and your emotional response to them were once present in your life.

These are the events that confirmed your mottoes that were recorded by your energy system through chakras and became your guide to action in this world, your behaviour stereotype in any situations of your life. You behaved that way and not another.

You accepted this and confirmed these sensations, therefore your behaviour pattern never changed.

It is your internal truth, and you knew that you were the way you saw yourself in the reaction to the world and events, and in the results received by you by a certain age period.

This is the answer to the questions: „Why ...

- ... do I get the same results in relationships with people, in business, in my marriage etc.?
- ... cannot I build a deep relationship with the person I love?
- ... cannot I build trusting relations with my colleagues and managers?
- ... cannot I be content and happy?
- ... cannot I find a favourite occupation and be satisfied with results of my work?
- ... cannot I find that internal peace with which I can get all I want from life?
- ... do I make circles, step on the same rake?"

All these questions arise because everyone has their own truth. And this truth is based on those mottoes-slogans which once turned into seven complexes of a person's driving force.

It is based on the hypertrophied instincts of seven energy bodies that appeared as a result of your negative reaction to the external world, people, conditions, family, and parents to which your Spirit brought you to be born in this world on Earth.

This is the environment in which you underwent those stresses that promoted the accumulation of complexes for karmic processing in this particular incarnation.

Because, according to Kryon, the karma has been removed from the planet Earth, the mankind has been given a possibility to make an evolutionary leap for the transition of the mankind, or of its part, into the fourth, and further into the fifth dimension.

Disciple schools are created worldwide. For over hundred years the Hierarchy of the Planet has transmitted through its Envoys the updated ancient doctrine about the Unity of the Universe in order to provide the mankind's response to the Call of the Hierarchs of the Planet and to help join the efforts of the Subtle and the Physical planes in the common deed of reuniting with the Universal God.

After your refocusing onto a positive perception of the world and of yourself in it, after re-structuring of your energy bodies and recovery of chakras, you can attract and receive bigger quantities of cosmic energy.

By doing so, you get connected to the Divine Source, and the Divine Presence is shown through you — through your reality.

You have gained real power and should be responsible for your actions in this world!

Your trip into yourself will be slow at first. After all, you will have to discover for the first time deeper and deeper levels of that new world within you that is still unknown to you.

Your life will begin again. You will find in yourself the sensations and show yourself in the external world by the behaviour and emotions you demonstrated at the age period of fourteen.

You can face unexpected obstacles and difficulties in your advancement because you internally resist the changes, just as you resisted orders in childhood.

At some instant you will remember or will want to remember your former self, your opinions and former way of life.

But it will be impossible. In the process of your remembering, your energy system will erase all former information about your perception of the world and of yourself in it.

And even if you do remember something, it will be difficult to reconcile these memories with the new prospects opening for you.

But then a true understanding of life will start developing in you with an ever growing speed.

Within half a year after the 63-day stage your new instincts and new mottoes originating from your subconsciousness will be identified with the surrounding people and events, all thanks to the sensation of self-perception you have found in yourself.

More and more often you will find in yourself new reactions to the world and people, and these will be positive sensations.

You have now risen and will live according to a higher centre of consciousness, to the 6th body, which vibrations are more subtle and do not respond to events and behaviour of people of a lower vibration level, i.e. those who are disposed negatively and aggressively towards the world and themselves. Therefore these people and situations will leave your life.

Other situations and other people will come into your life.

The moment will come when the energy locked in you will splash outside with a powerful push, and you will gain light, freedom, joy, calm, you will show your naturalness, feel that you can easily solve those issues of your life which you wished to solve by having been born here, on Earth. Thus, step by step, you will globally change yourself for the world

to become different and life on Earth to go on, so that Gods do not have to destroy the continents one after another to force people to change.

You are free from the internal aggression which breaks from a person in spite of him/herself and pollutes the Earth's atmosphere and makes people ill.

Your negative impressions (mottoes) are replaced with new, positive ones, with the permission of the Hierarchs of the Planet and in connection with the global changes now going on in Space and on Earth.

This gives you a chance to become fully co-tuned with the Divine Source, to pass easily into the fourth, and then into the fifth dimension before December 21st, 2012, to easily survive, or not even notice, the quantum leap which planet Earth will make by the mentioned date.

During the time that remains before the «X» hour you and your life will already be completely changed.

Even now, after 63 days, you feel differently as your illusions of Maya have been removed and you have really seen the world, yourself, and people around you.

And the main thing is that you are not a critic and negationist anymore, but you accept everyone and everything the way it is.

You have been released from negative actions, emotions and thoughts. You have woken up early in the morning and have suddenly noticed that you are calm, even joyful; there are no more negative actions which were spontaneously shown in you earlier, before the refocusing, when you did not know why it happened, for example, the following actions:

- Any fussing in actions
- Worries at any occasion in emotions and thoughts
- Mental negative films about possible failures and evil directed at you
- You see people's faces, their reactions to you and your words
- Ability to feel the mood of a person is discovered in you
- Manifestation of emotional and mental protest or a state of discomfort, which testified to the presence of internal aggression, has disappeared in you
- There has been a change of the nature of your emotional state which was characterised by the following emotions:
 - Fear, life threat, anxiety, uneasiness;
 - A thirst for new sensations;
 - Disappointment, frustration, boredom, hatred;
 - Rage, fury, insult, irritation, hostility;
 - Criticism of your fate, self-pity, low spirits, depression;
 - Condemnation of yourself and others, hypersensitivity;
 - A feeling of self-importance, indignation, contempt;
 - Aversion of others' opinions, desire to interrupt, to prove your case;
 - Anger, impatience, protest, immodesty, contempt;
 - Narcissism, imposing of your will;
 - Contempt for people, dissatisfaction;
 - Internal and external aggression;
 - Display of violence, money-grubbing, insult up to rage, irritation; desire to have everything your own way, desire of revenge, desire to behave dishonestly;

- Fear, aversion of some situation, desire to avoid it; condemnation of yourself and others, accumulated insults that were never forgiven, up to contempt and loss of a feeling of life's joy;
- Aversion of some person, a feeling of humiliation, insult up to hatred, desire to "kill";
- A need for attention, approval, praise, kindness, self-interest in love;
- A fear of dependence, haste in achieving goals, including their perfection. Desire to change your fate by a strain of will;
- Attacks at silliness: „no, but, but I ...“. Impatience, desire to emotionally prove your case, up to anger, obstinacy;
- Condemnation and criticism of people or yourself, self-reproach for non-fulfilling of your duty („I must“);
- Insult because people do not understand you, up to indignation (diffidence);
- Criticism of your fate, depression;
- Killing love;
- Insult for yourself or for your relatives, up to tears („it had to be done“);
- Self-pity, pity to your children and parents instead of unconditional love.

Read this, and reflect on the abovementioned emotions expressed in your reactions to the world and to yourself in it.

If you are still not calm, then you will “switch on” later. You will not even notice how you have changed. Because you never noticed your old mottoes, you simply behaved the way you felt and could. And you never suspected about the existence any mottoes.

Is it so?

And you are going to find these new mottoes in yourself spontaneously, in your reactions to the world, to people, in your results.

And you will say to yourself later:

“Yes! I have really changed. I am different and I like it!”

Advice:

Keep a diary, and write down the way you react to situations and people.

How you solve questions in your everyday life now.

What you would like to receive in life, what experience to get.

How you want and will live further, what you want to do.

What people you wish to see around you.

What standard of living you wish for yourself.

The important thing is that you have easily got rid of your mottoes and realized why your life was not the way you wanted it to be.

Now New Life awaits you! Go ahead to new achievements!

Everyone is the owner of their own life! Go on and be the boss!

Do what you like, build your own life.

Now you will succeed at everything you never managed to do before, no matter how hard you tried.

Take care of your physical body:

- Take vitamin C, eat prunes, lemons, alkaline products which will raise your blood PH level to 7,5;
- If you wish to grow thin, set this task for yourself;
- If you wish to find love and a full-fledged relationship, set this task for yourself.

El Moria

P S. from Si-Lvia

Write down your wishes and address the Cosmic Ordering service. If you do not know how to form and formulate them use the following books: Carolyn Boyes, “Cosmic Ordering in 7 Easy Steps: How to Make Life Work For You”; Debbie Frank, “Cosmic Ordering Guide to Life, Love and Happiness”.

There are other books which can help you, answer all your questions, and suddenly you will find out that you are not alone in this world. You have a lot of helpers, so take advantage of this advice, and you will be pleasantly surprised.

You will see and feel a higher Cosmic quality, Divine quality in yourself — Tolerance and Patience.

07.02.2009

Chapter 4. Your possibilities after the psychophysiological transformation, your new birthday (64th day after refocusing)

Before your refocusing, your everyday life constantly stimulated in you, as well as in other people, a high level of inner tension. As a result of it, after every stress situation, it was harder and harder for you to go back to your natural level of physiological comfort, i.e. you could not relax and "turn off" your negative thoughts and pictures.

Thus, from year to year, you were adapting to a high and more intense level of physiological activity.

Your organism forgot about the possibility of deep relaxation and perceived the high tension level as normal.

This long state of tension essentially reduced your working capacity, your social and psychological adaptation in the society; it caused irritation, intolerance, weariness in communication with family and children, with your partner.

Your physical condition and your mood were deteriorating, which is an original cause of many diseases, and energy blocks were formed within you; you developed resistance to events in your life as what was happening did not correspond to the ideal images in your head and with your heart's desire inside.

Nothing is the way you would like to see and feel it. And the word "joy" for you is a definition formulated and entered in a dictionary or an encyclopaedia, is all.

But after the refocusing the following things happen. Your energy system has forced out and erased all your old sets (mottoes) — your "bad" memories of situations, people, and events.

During the 63 days you were noticing changes in your mood, and what you were remembering caused you discomfort and anxiety.

During the next 6–7 months you see the active changes and manifestations of new mottoes (impressions of the world, of yourself) in more details, in different situations.

Life goes on.

An inner world is a special gift. You should protect it but should never try to cling to it.

Find the time for deep relaxation. You are now in a convenient position towards the world and yourself to investigate your past (now without pain in soul), your present and your future. Write down your sensations.

You have a choice. You are the creator of your life. A variety of possibilities is in store for you, including hobbies, expansion of your interests, and development of your virtues.

In the course of adaptation to new energies manifested in your energy system, there develop new reactions to situations and people that were unusual for you before.

You have recovered from fear, aggression, you feel internal peace. You perceive the books you read with a special depth of understanding.

Your chakras, your entire energy system are co-tuned with the Divine Source.

Follow your free will; choose which way to go further using your abilities:

- Your professional knowledge;
- The talents you have shown – they will sparkle with a true light, and you will use them freely, without looking back at anyone. Just because this is the way you are!

The internal freedom you have gained will allow you to create things naturally, with faith in yourself, because you are worthy of being yourself.

Being co-tuned with the Divine Source gives you the chance to find your way and believe in yourself, without any fear or alarm.

Determine for yourself the desire to go the very way which you have chosen for yourself and to receive the very result which you fancy.

And ... just go. First in your thoughts, or, if necessary, in your reality.

Your trust to yourself and to the Divine Source plays a big role here.

The Divine Source knows what is effective for you and what pleases and satisfies you.

Your world is steady, and you can simply wish to receive this or that result to see a Miracle happen!

Your task is not to get surprised, but to be present at it, to accept this result as self-evident, and to turn on the internal knowledge that holds: you are worthy of all the wonderful things that occur in your life and please you.

When you are co-tuned with the Divine Source, your heart is open.

You are the magic that wonderfully embodies your thoughts, desires, requirements, and sensations in your life.

This is that Divine Light of your life.

You are a perfectly tuned harpsichord. The harpsichord that produces Divine music, co-tuned with the Divine harmony and the music of spheres.

You are a rainbow. The rainbow that consists of most wonderful sounds and colours of your aura. This is the magic of your life creation miracle.

We wish you being co-tuned with the Divine Source!

We love you.

El Moria

Chapter 5. 6 more months of changes

It is 64 days after the refocusing. You were born today. Your 64th day after the refocusing is your new birthday. You can mark it for yourself. This is it.

You have woken up today. There is a mist before your eyes. You feel completely numb.

— Where am I? What is it?

— You were born!

— You can not make head or tails of this day. Everything is floating around you.

I ask the teachers: What is this condition?

The answer: Every child, every kitten, every chicken, and everyone who was just born, see the world where they arrived in a mist.

Understand that you were born. Your new life has begun. Starting from this point you are at the life period from 0 to 14 years.

You are a baby but... at the same time you are an adult person.

You have been given the possibility to understand and feel yourself. You have peace in soul. You are indifferent to everything. It is all the same to you.

You have returned into those instants ... the instants of your birth.

From this moment your first chakra has been switched on, together with your security or a sensation of security and stability in the world, on Earth.

This chakra will be active for one month. During this month you will clearly realise who you are, where and who you live with.

This means who you are at this moment of your life.

Understand who and what you are now, and you may realize and feel it a bit later.

This is what you have reached BY THIS MOMENT, the results you have received.

This is your reality.

You are what you are! Now!

Gradually, step by step, you will get to know yourself from a totally different side.

You will feel that you are becoming a creator; you will receive an experience of unconditional love.

You will more freely express yourself in your intimacy with the person you love, and you will notice that your sensations have become richer, sharper, as your system has erased the interdiction reasons: shyness, feeling of guilt instead of pleasure, fear of being free in the display of your feelings, fear of looking ridiculous.

The society has taught us to connect sex with a feeling of guilt instead of pleasure. But now you will feel and remember that sex is an absolutely natural human need that, moreover, rejuvenates people physically, emotionally and spiritually, and is esteemed as a very beautiful and powerful expression of love.

In the course of these changes you will learn to listen to your own body and to notice the signs that are always sent by the Universe.

The feeling of guilt and shame in connection with sex has deeply taken root in our mentality, it is imprinted in our cellular memory that equates sex with weakness; it has always prevented us from grasping the true sense of this expression of passion, and has been a means of control which has left deep scars in us as a result of the interdiction which lasted for thousands of years.

But we should remember that in the coming New Energy and with the vibration change we will have to get rid of this sense of guilt in relationships. Without doing so it will be impossible to develop unconditional love.

Your energy vibrations will rise; your energy centres or chakras will start a faster rotation.

There will be a gradual healing of the second auric layer and the second chakra that is responsible for all your feelings – it is a body of feelings.

This field connects your inner reality of feelings with events, emotions or people who provoke your feelings and emotional conditions and put them into action.

Your emotional body recovers, and becomes free from disturbing thinking patterns that are often connected with judgements, beliefs, prejudices, sense of shame, guilt and your own truth which you defined for yourself in your childhood, and which you confirmed in yourself at each age period, denying yourself a lot of things you would have liked to live through to gain positive experience.

This sense of shame and these interdictions were stronger.

At some moment you will feel an inflow of sexual energy and its splash outside in other sensations that are not peculiar to you, because this energy was for a long time locked up in your bodies of feelings by various interdictions and spontaneous control.

This is a pure display of love, of the love energy which is an important aspect of pure and subtle sensation of your essence.

You are connected with your Higher Self. There is much more to you than just your physical body, and your connection with the Higher Self is getting stronger.

It is this connection that is the basis of all our higher feelings, including intuition.

You will find out that the fear in you has disappeared. Fear is not understanding what happens to you or around you.

It is misunderstanding of other people's actions in relation to you.

A human is always afraid of what they do not understand.

Your energy system is changing and recovering. You are becoming a person with subtle feelings.

And as a warning, this ability lays a huge responsibility on you: a responsibility for your behaviour expressed in your actions in relation to other people.

You should be tolerant in different situations.

You should love and completely accept yourself.

Your personal power manifests in you, the power which you gave up in favour of the society, the state and religious organisations, and therefore were separated from the experiences of your own heart, from your true desires.

You gradually master the art of skill, and recollect your true power as Creator.

You should learn to find positive application for all energies that are awakened in you in different situations.

Do not show hostility or irritation toward people who are still in the process of learning life lessons.

It is useful to remember that the mankind lives with the illusion that people are separated from each other, whereas actually all of us are united.

It means that your every action influences any person, no matter where they are.

You have been connected to the time line of the present reality and you are changing it.

Within six months you will be given return situations in which you used the qualities of character that you had acquired and confirmed earlier in different situations, in relations with people who confirmed your mottoes – everything that happened before refocusing.

In these return situations you can compare your reactions with the previous life period, and will find in yourself new sensations, not peculiar to you before, as the people who used to know you before by your qualities and behaviour strategy will communicate with you using the old template.

But your new reactions will strongly differ from the previous ones. This is where you will see these distinctions and will understand how you have changed.

Probably some people, not satisfied with your new behaviour, will leave your life, or will show active interest in you after having seen the changes in you.

The end result of your changes will be the feeling of inner freedom, the ability to build positive and happy relationships with people around you.

Your desires will be granted within shortest terms as your energy system (energy field) will receive and radiate into your world the light energies from the Divine Source for the materialization of everything that is necessary in your life for satisfaction of your needs, necessary to feel joyful, happy and natural in manifestation of yourself in your physical reality.

You will become a powerful Creator of your own life!

You should be tolerant and patient.

First month after 63 days

The first chakra is switched on. Within a month it will show you your conditions.

People from the past, situations from your life will be shown.

And now – attention!

How do you react to these people?

Do you react in the old fashion or in a new fashion?

Yes, I guess in a new fashion.

And it means!

You have seen who is who ...!

You can feel this person, and their mistake is that they are used to seeing you the way you were before.

And they behave accordingly.

And you ... you can now see and feel them. And you suddenly have prepared answers for this person!

You know what to answer them. You do not put it off anymore.

You are here and now!

You have suddenly seen all their manipulations, and you know what to answer here and now, and not in three days, as it was before.

Without having answered, having swallowed the insult, you reflected, reproaching yourself for cowardice, and, playing the „situation footage“ over and over, were in a dialogue with the offender and answered them in the way they deserved it.

So these are 30 days which first half will more actively bring back to you situations and sensations, and the second half will allow you to see yourself in new manifestations and reactions. These are your thoughts and your true understanding here, in your life. It is your security.

Are you confident of yourself?

What is required for your self-expression?

Second month after 63 days

The second chakra will switch on after 30 days.

What do you feel?

Have you succeeded in life?

Or have you led someone else's life? Have you fulfilled someone's requirements?

Are your feelings healthy?

Your soul gets support and becomes flexible to succeed in life. All these 30 days the second chakra (relations, feelings) will be active.

During this period there will be active thoughts and situations in which you will see yourself in relations with the people around you.

You will see and feel whether they are reliable and kind towards you.

You will see your reactions, behaviour, and sensations. What are these relations for you?

Are they natural, healing, supportive, or are they insincere and disbalancing? Do they help to keep your balance, are they flexible or double-faced? Does someone use and manipulate you? Or probably you are the manipulator?

How have you treated people?

All of this will be clearly shown during this period. And you can compare the way it was before and the way you react to these relations now.

Now you can say "no" at the right moment, you can see and feel the person who is in contact with you. And this will go on for 30 days.

After the refocusing your body attracts positive energies of Light that you can feel physically and emotionally.

You feel a burst of energy, you feel positively charged, your natural feelings and sensations are expressed in the desire to show tenderness, attraction, deep inner feeling of love to the whole world and people.

This is the work of the second and fourth chakras.

Your Emotional Body is cleared of the negative that was introduced by your life, which blocked the true energies of love.

You feel active and willing to communicate with people that cause pleasant feelings and sensations in you, which bring you joy. These are the sensations that make you feel natural in your self-manifestation, without thinking, but simply feeling and wishing to express the potential of love hidden in you, of which you were never aware before, when you were so intense, so affectedly considerate and could not open yourself in the way you would like, that is, to feel easy and natural in your life.

Third month after 63 days

The third chakra is switched on, and within a month you will understand through situations, communication, and other habitual actions of your private life and work, whether you are guided by your own system of views and whether you feel in yourself the energy necessary for taking effective decisions in life.

Do you accept yourself, your goals and motives and express the highest feelings: kindness, love for peace, faith?

Are you confident of yourself, of your true nature, do you believe in your own highest good and mission?

How you deal with your emotions?

Do you trust yourself? Do you manifest yourself as individuality, or are you again subject to manipulations from aside?

The situations that occur during this month will give you a chance to feel all of it within yourself.

Fourth month after 63 days

The next 30 days is a smooth transition to the fourth chakra.

During this period you will see how your soul rejoices. Do you feel natural during this period?

Is your love conditional, or the condition for love is the free expression of your being?

Do you accept love without any judgements, joyfully, naturally, without claims to the person you love?

Can you relax freely, without gloomy thoughts, can you have an ice-cream and sit in the sun, and can you simply do nothing and feel the support of the Divine Source that you dreamt of in your childhood?

Fifth month after 63 days

Within 30 days you will learn and feel whether you are aware of your own truths.

What is preferable to you: your body guided by your own soul or by someone else's?

You are now ready to hear only the information that is helpful to you, now you hear what you are told, you clearly understand it and you will not take a wrong way.

You choose and formulate what you wish to create and what you don't, and you reject what does not concern you.

This chakra works as an entrance point for any feelings.

What can you tell about yourself? How will you tell it, to whom and why?

During this period you will learn more about yourself, you will notice what people say about you and how they do it, and how you react to being able to speak about yourself and others.

How closer have you got to the main divine qualities — patience and tolerance?

You have memories of all periods of your life. In the first 15 days you will recollect everyone and everything that occurred during the previous periods of your life, the way you reacted to situations, people, and yourself.

During this period you may feel tension at level of the throat chakra (a sore throat). If you have accumulated a lot of spiteful insult, then during your remembering of the circumstances and situations or people, you may feel acute pain (quinsy). You should be treated with habitual, simple means, and don't forget to say: "I CANCEL THIS".

In the mornings you may feel tension in the back part of the chakra. It tells you that you have for a long time been under the influence of other people. These are the direct rigid manipulations (orders, requirements) from the side of your family, friends, bosses; or subtle and flexible, but nevertheless, manipulations transformed into tender hypocritical requests which you do not dare refuse, but are angry at yourself for your spinelessness.

You will recollect it, and you will feel unpleasant and offended for yourself. During this moment you need to say: "Yes, this was in my life and I CANCEL IT". And your system will erase these memories for ever. All unpleasant sensations: anger, irritation, thoughts about the senselessness of something, disappointment, insult, a feeling of superiority, and other emotions should be cancelled once and for ever. All low-frequency emotions will be erased, and you feel more free and more joyful.

Your voice. What is it like? It is very important.

How you speak? Quietly, loudly, in a melodious way?

Is your voice pleasant to the people around you, or is it high-pitched, squeaky and irritating? Have you ever noticed the way people feel in your presence when you are saying something?

In any event, you talk with the guidance of your "mottoes".

Do you sing?

As the famous Soviet singer Leonid Utesov said: "It is not the voice that sings – it is the soul". A person can possess a strong and beautiful voice, and with an improbable deal of effort, luck, and support from others make their way to the stage, but ... they do not become well-known and loved by listeners... they will flash once and be forgotten. Why does it happen?

It happens because they sing with the sixth or throat chakra and not with the fourth chakra (heart chakra) or the second chakra (emotional chakra). Only the voice of those singers who use the soul and heart in singing, i.e. the fourth and second chakras, can bewitch us, we want to listen to it, it brings back pleasant memories from our life, even if they sing a simple song. And others simply give us a headache; we get irritated and turn off this source of noise that cannot be called singing.

In everyday life, many women or men destroy their family members with vibrations of their voice, causing irritation and discontent, but they cannot explain it to themselves, or even notice this. They DO NOT UNDERSTAND why they are not pleasant for those close to them, and why there is a charged atmosphere in their family.

Sixth month after 63 days

These are 30 days that reflect all possibilities that are open for you in your life.

They will show whether you have correctly estimated all your possible visions in terms of your highest goal?

Your soul and the sixth chakra help to visualise not only what could have occurred, but also what will occur if you adhere to the selected way.

Are you ready to think in a creative way when your visions are embodied in reality?

How do you treat yourself?

Do you clearly understand what you are like, can you imagine your desires and attract the possibilities to realise them?

People, events, and your actions will help you feel it.

Seventh month after 63 days

You are opened to the energies accessible to your physical and spiritual healing.

You have a great value for the world, and your individuality is unique in the ocean of the Great Whole.

You feel complete inner peace, bliss, joy, manifestation of naturalness.

You are in contact with the Divine Source.

All your chakras are opened, and you interact with the world, with people, with yourself, with All things and with the truth of your own life.

You know and realise your individuality, but at the same time you understand that you are not disconnected from everything but, on the contrary, feel the unity, which has the key value.

Your further life will take its normal course, among the people with whom you went before.

But your attitude, your perception of the world has changed.

You will more and more often feel the positive that shows in you.

You will gain more abilities, people will be attracted to you as the energy of the Divine Source will emanate from you.

Your life belongs to you.

You have felt yourself during this time. You have begun to trust yourself.

Live and play your own role on the stage of your life. Build your situations, set your goals and solve your problems.

Good luck to you!

Further on everything will obey the laws of your vision of yourself in this world, and your desires. And it will depend only on you how you will live and create!

Part 5. Helping you

Helping you

(transform your energy system)

Read this every day until you feel that your reactions to the world correspond to those vibrations that form every chakra. It will help you to find the way to your world.

It will help you to react positively to everything that happens in your life.

It will help to feel pleasure, satisfaction, and naturalness. Read this and feel your new “psychological transformation”. Feel the help of the Universe, the Divine Source in solving everyday questions.

You are calm, harmonious and happy, because your reactions to yourself and to the world are positive, now and ever.

Good luck to you!

Chapter 1. Positive and negative chakra settings that influence your sensations and manifestations at all life levels

Compare what you can feel when you are co-tuned with the Divine Source, and the blocks (stresses) which you probably can still find in yourself.

You should decidedly cancel these blocks, i.e. you should resolutely say to yourself: “I cancel this stress!” Your energy system will erase this information at all levels. And you will be released from the inner tension.

Affirm the positive in you! Do so by comparing your reactions to the world before and after the refocusing.

You have been keeping a diary and marking these sensations, haven't you?!

Affirmation

I realise the possibility and necessity of changes in my private life.

I am open to changes.

I accept with my whole being the gift of love and relationship with the person I love.

I accept this gift in its full beauty and shine, in its depth and width.

Let this gift reflect in all aspects of my life, get into all corners of my soul and blossom like a flower of pleasure, joy and participation of the great Love of God on Earth in the earthly love between the person I love and me.

Amen.

FIRST CHAKRA is the Basic energy that connects a person with the physical world; it is persistence, physical strength, vital capacity, stability, strong will to live.

Here are some widespread types of stress that block the first chakra:

- Not believing in one's own vital force
- No desire to live
- Rage towards those who have vital capacity and are vigorous
- Negation of physical strength — „it is of no use, my mind is bright as it is“
- Depression
- Desire to give up or run away from life

Positive affirmation

I freely manifest myself, I create and I prosper in the physical plane.

I am open.

I am lighting „the flame of life“ and open myself to passions, impulses and desires, I receive all the energy necessary for realisation of my physical desires and needs, for I realise that I am a physical model of the manifestation of the Divine Source.

By opening the access to Abundance, I realise my own value, and I gain perfect health and faith in my spirituality.

I deserve prosperity as I clearly understand and accept that I am the manifestation of the Energy of the Divine Source, and I deserve everything that is required by my inner "Self" for a full self-expression.

I believe in my good nature.

I deserve a happy life!

SECOND CHAKRA is the elemental energy of feelings. It is sexual feelings, eroticism, and sensuality. It is a source of feelings, creative energy and any activity connected with the origin and maturing of something (children, business, ideas and projects). It is the expression of our feelings towards others and evaluation of our own feelings which allow us to understand our own destructive beliefs, and to analyze our feelings and thoughts.

Here are some widespread types of stress that block the second chakra:

- Inability to love the opposite sex
- Accusation of the other person to conceal one's own mistakes
- Sense of guilt and inferiority

- Routine sex without love
- Rage and desire to hurt another person
- Inability to get satisfaction from sexual life and to see passion in one's sexual partner
- Disappointment in sexual life
- Suppression of one's own passion
- Obstinacy and high demands to one's partner
- Reject of sexuality
- Negation of the importance of sex
- Fears connected with sexuality
- Attitude to sex as a vile, immoral occupation that takes away power
- Not believing that sex restores one's vital force and gives self-respect
- Sense of shame for the partner or for oneself
- Fear of one's own sexual inconsistency
- Restraint of one's sexuality
- Negation of one's sex

Positive affirmation

All my emotional bodies carry and receive the healing energy, the energy of adaptation to cope with changes in life.

I attend to all feelings as good and having equal worth in order to adapt to life's natural rhythms and natural crises.

I am open to vibrations and energies necessary for creativity and life experience.

I recognise the supernatural help to be able to successfully go down the stream of life and overcome all its bends and abrupt turns.

My soul is getting support and flexibility to adapt and succeed in life.

I can see and feel the sense of my life, I feel reliability, good, I feel the being of my „Self“ and of my whole, as well as other dualities of life in their manifestation in the physical plane.

My feelings are balanced and are in perfect harmony with the entire Universe.

I receive from the outside and conduct those frequencies of feelings which feed full and healthy feelings and cure defective ones.

THIRD CHAKRA is the Center of emotional life, of feelings, the center of mental and emotional balance, where thoughts are formed. It is the energy of opening up of personality, domination and power. It is the satisfaction from what has been achieved. It is the gained wisdom, understanding of emotions, and self-appraisal. It provides us with

ideas, thoughts and intellectual understanding. It helps us to achieve success in life and to show our worth in the world, to cooperate with people and to take effective decisions. It is a storehouse of judgements, opinions and beliefs about yourself and about the world which you have accumulated. These beliefs influence your self-appraisal.

Here are some widespread types of stress which block the third chakra:

- Dissatisfaction, rage
- Domineering and hard-headed character
- Conviction that getting power is only possible by means of threats and warnings, etc.
- Avarice
- No joy in relation to oneself and others
- Unwillingness to understand and believe in one's feelings
- Inferiority complex, negation of one's own physical needs (and also negation of love and sex)
- Dependence on parents and other people
- Close relations and superfluous communication with one's mother
- Unwillingness to be healthy

Positive affirmation

I am guided by my own system of beliefs, and I enter into the energies necessary for me to take effective life decisions.

I let my own incentive power and my will to success to work for me.

I am full of vital energy. My body's metabolic centre maintains the general level of my energy and my inner motives.

I fully accept myself, together with my goals and motives, and I express highest feelings: kindness, love for peace, and faith.

I am confident of myself, of my true nature, and I trust in my highest good and mission.

FOURTH CHAKRA is the Feeling of love for everyone and for life. It is independence, rendering assistance, positive self-sacrifice. It is the will power which defines our life.

Here are some widespread types of stress which block the fourth chakra:

- Upset love feelings: I am not loved, I am not worthy of love
- Sense of guilt before the person I love
- Unrequited love
- Suppressed love

- Everyone prevents me from living the way I need to live
- The world is cruel, only big and strong people win in life
- I don't care about anything, and I do what I want
- I live and urge myself on, because it is necessary, and I cannot expect anything better than what I have

It is the "playground" of my soul. My soul discovers, learns, develops, tests, tries and gets rid of something, like children do, as I am the child of the Divine Source.

My heart helps me open myself to the true desires of my soul.

These are my desires, childish by their nature: a desire to bathe in water, to sit in the sun, to have an ice-cream, or simply to relax and do nothing.

I completely identify my individuality with the Divine light of the Universe.

I know and I accept the fact that the fourth chakra is a great space which the Divine Source — the Great Designer – has designed for simple pleasures.

In this space a free expression of my entire being is the condition for my love.

I perceive love without any judgements, and I receive mental energies that are pure and simple.

I always get the support of the Divine Source, of which I dreamt in my childhood.

I am in full contact with the Divine Source.

My feelings are related to the unlimited love and emotions that inspire me to live.

My Divine Self is connected with the Divine Source.

FIFTH CHAKRA is the Communication, openness. It is independence, inspiration, ability to adapt in life. It is assertion of one's rights. It is luck. It is respect.

Here are some widespread types of stress which block the fifth chakra:

- Problems with the contact with the world
- Nervous estimation, a feeling of helplessness
- All feelings which catch our breath and make us choke from tears
- Inability to live one's own life, because someone or something interferes with it
- Inability to accept the offers of life
- Not understanding one's own desires
- Accusing others
- Conviction that „everyone wishes bad for me“
- Conviction that „no one cares for me“
- Feeling of isolation
- Fear of failures
- Slander of others

Positive affirmation

I prefer that my body is guided by my own soul instead of someone else's.

I speak of what I know, and I do not resist training and getting the necessary knowledge.

I am open to the reception of the words proceeding from my Divine Self. I listen to its words and I will not take a wrong way.

I am open to helpful information and guidance. It helps me arrange my life the way I want it.

I choose and then formulate and express what I wish or do not wish to create.

I am aware of my existence, and I am aware of my own truths.

The fifth chakra is the centre through which I conduct thoughts, ideas and concepts proceeding from other beings, from other dimensions and from other aspects of my "Self".

Here I receive the guidance which I wish to receive, and I reject what does not concern me.

This chakra works as the entrance point for all possible feelings. It gives me my own thoughts, as well as others' ideas on what is best for my health.

SIXTH CHAKRA is the Cognizance of the visible and the invisible. It is intuition, clairvoyance. It is generation of ideas. It is granting of wishes. It is the attitude to oneself from the outside world.

Here are some widespread types of stress which block the sixth chakra:

- Conflicts between the emotional world and the world of reason
- Desire to receive more
- Sensitivity
- Discontent with one's appearance
- Helplessness in making or realising one's plans
- Ideas that do not correspond to reality, or negative ideas
- Fear of responsibility
- Unwillingness to act
- Protest against everything
- Instability of feelings

Positive affirmation

I reflect all the possibilities accessible to me, and my true way.

I can correctly evaluate all my possible visions in terms of my higher goal.

My perception of myself is constructive as the central system of beliefs of my sixth chakra has a positive and confirming nature.

It helps me to visualise not only what could occur, but also what is to occur, because I adhere to my selected way.

It is my centre of creative visualisation where my visions are embodied in the physical reality.

I am ready to take the way the vision of which is opened to me by the Divine source and my Divine Self.

I pledge to take this way.

The sixth chakra opens to me my views on my true abilities.

I know and I accept that my nature is divine.

I clearly realize who I am. I affirm my Divine Self.

I clearly perceive myself, I treat myself nicely.

I am open to the Divine Guidance — to the Divine Source, the guiding Light.

I can imagine my desires and attract the possibilities which will realise them.

SEVENTH CHAKRA is Perfection. It is the cognition of Unity. It is the heart-felt communication with one's own spirituality — one's belief in their spiritual possibilities.

Here are some widespread types of stress which block the seventh chakra:

- Disbelief in one's spirituality, and therefore, in one's abilities
- No self-confidence and peace of mind
- No life goal
- Fear of unearthly visions and dreams, as one does not believe in, and, therefore, does not go deep into the essence of their unearthly visions.

Positive affirmation

I am open to the Divine consciousness.

I am in contact with all the beings of the Divine Source, no matter whether they exist in the physical plane or not.

I am connected with a communicative thread with all things and with the truth of my own existence.

I conduct the Golden kundalini — the „blood of life“ of my spiritual existence.

Energies are open to me, and I am open to the energies accessible to me for my physical healing.

I represent a great value, and my individuality is unique in the ocean of the Great Whole.

I have a feeling of absolute calm and perfect bliss.

I retain my individuality, but at the same time I understand that it is not dissociation but unity and oneness that have the primary key value.

Chapter 2. Ideal setting

An ideal setting means an ability to rule one's energy.

It is at your full and instant disposal at any time.

Attention!

The techniques stated here will help you to balance your psychoemotional condition in the period of changes in your energy system

You can connect the tips of each finger one-by-one with the tip of the thumb for 30 minutes daily (30 minutes for each finger combination), and you should try to do it as often as possible until you feel a change in yourself and in your reality.

This will balance your conditions. Your life can change as much as you are ready for these changes.

Just do not overdo it!

What is offered to you may be much more than you can take. Any unreal dreams, or ambitious plans and interests will not receive the active energy.

1.1.1. The left hand

Connection with	THUMB
INDEX FINGER	This connection is responsible for a formation of the subtle plane of a person, i.e. observation, sharpness of perception, flexibility of mind, efficiency, positively programmed actions, aura integrity, restoration of harmony of feelings, a feeling of inner calm
MIDDLE FINGER	The middle finger has special functions. At difficult periods of

	<p>life you get melancholic or depressed, you have no desire to do anything, no desire to move to do anything, no desire to see or hear anyone.</p> <p>This tells you that your blood as an information-recording substance sensitively reacts to changes in the environment, and is suppressed when you find yourself in difficult conditions of living and communication which do not suit you for a long time. It affects your psychoemotional level and mood.</p> <p>A long suppression causes a recession of motor activity. The connection of fingers stimulates and refreshes your blood, switches your consciousness to the control of external conditions. They are being changed or replaced.</p> <p>Your consciousness thus becomes calmer, more pure and active. Your life receives another, more attractive sense. You start to act, and your mood considerably improves.</p>
RING FINGER	<p>The connection with the thumb gives you a refined perception of the environment, it gives you Enlightenment. And if your heart creates the vibrations that make you feel elated and singular, then you can achieve a lot.</p> <p>Then you become the Creator of your own life, and you can control the Gate. The Gate is special creative conditions which open up if a person through their rich world-perception specifies with the help of will impulses in which sphere of influence they are the Creator. So, having connected these fingers, you can think of what you want, of the experience you want to gain, of the events you want to bring into your life, of what you want to make you happy.</p>
LITTLE FINGER	<p>The little finger receives only God's knowledge which reliability is controlled by the departments of the brain responsible for the higher nervous activity.</p> <p>Through the little finger one can form one's future by making a serious superstructure over already existing planes as the organizing ability of the higher nervous activity is connected with the heart. You can think. And thought assists you in the formation of your future. And your future situations will receive an additional impulse for the realisation of your desires. But unreal dreams, or ambitious plans and interests will not receive the active energy, thus saving you time and money. They are eliminated through events and initially have no development. You gain the power only for the deeds which are worth doing for you.</p>

1.1.2. The right hand

Connection with	THUMB
INDEX FINGER	<p>This is your intermediary between you and people. If you feel uncertain, suspicious, indecisive, your relations with people lose stability as well. The connection of fingers creates conditions for balanced and successful relations. A person is always in a relation with somebody. Our organism sensitively reacts to mental influence. This influence is overpressing. If it is aggressive, we crinch and spend a lot of effort to get some freedom and comfort. Connect these fingers when you suffer from: a sad state of mind, an unstable nervous system, irritation, or a feeling of hopelessness. Thereby you will create a favorable biofield for yourself, you will gain control over your emotions, protect yourself from fear and delusions. You will create control conditions over yourself, which will be expressed in your rational behaviour, confidence, resoluteness, and fearlessness.</p>
MIDDLE FINGER	<p>The connection of the middle finger with the thumb relieves you of indecision, inflexibility of mind, arrogance, and irascibility. It removes stress, improves the functioning of kidneys, adrenal glands, and improves sight and heart activity. It also harmonises your emotional condition.</p>
RING FINGER	<p>This finger represents you in the higher world. It consolidates your powers for creation. Through this mudra one can make a big leap in any direction defined by their thoughts (i.e. desires). You will feel that you possess certain knowledge; you will have a feeling of inner integrity, even at a slight headway of your projects. You can eliminate all your illusions through the little finger of your right hand.</p>
LITTLE FINGER	<p>This connection will relieve you of your illusions and nonexistent goals to draw your attention to the real goals and problems, to the search of your main way. It will keep the integrity of your perception. After the forming of mental desires and goals, you can let the things slide through the connection of fingers, and real possibilities will appear. They are accumulated by the space within 9 days from the sending off of the request. Do not scare them off with your mistrust! If nothing happens, it means that you have not reached your heart, and you should repeat the attempt.</p>

About the author.

Si-Lvia is the spiritual name of Alekhina Tatiana who is a trained psychologist, with a higher education (Moscow State University), and professional coach. She is a practising psychotherapist and healer who effectively uses the power of intuition.

In the course of 20 years of contact with the spiritual teachers, known as the Masters of the Great Holy Brotherhood of the Intergalactic Federation, she has helped people to understand and solve personal, professional and physical problems. With the aid of energy-information she teaches people to use their own spiritual knowledge more effectively. This has been shown to considerably improve the psychological and psychosomatic state of a person. She achieves this by teaching them how to correctly react to life situations, and to examine relations with partners, relatives, friends and work associates.

Through individual consultation or working with small groups Tatiana teaches us the use of Spiritual knowledge to radically change our vision of ourselves and how we feel in this world, and to balance all aspects of our nature. She shows us how to become conductors of Divine energy, by after obtaining the deserved Abundance at all levels of manifestation in our lives.

By actively working with people from all walks of life, Tatiana is continuing her own path to self improvement, by obtaining new spiritual knowledge and seeking resolution of many different questions of life. She is encouraged and supported by the Masters who always answer her questions with love and frankness.

Ascended Masters are the representatives of the Brotherhood of the Light. These perfect creatures already passed through the 3rd dimension incarnation. They developed, evolved and left the frames of incarnation in the physical world.

The Masters of the Brotherhood are working in many directions, through many channels; they carry the supreme spiritual wisdom to people's minds. They were always present on the Earth, they always serve people.

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