

78 DAYS PRACTICAL TRANSURFING

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REALITY TRANSURFING

- BASIC PRINCIPLES -

- ✓ The mind interprets information using a collection of well-established labels.
- ✓ The soul doesn't think and doesn't speak, but it feels and knows.
- ✓ The mind is only able to create a relatively new version of a house made out of old bricks.
- ✓ Entirely new discoveries come from unrealized sectors.
- ✓ The soul serves as a mediator between entirely new information and the mind.
- ✓ The soul accepts unrealized information as knowledge without interpretations.
- ✓ If the mind is successful in interpreting the soul's information, a discovery is made.
- ✓ The mind is capable of unambiguously determining the state of inner comfort.
- ✓ Train yourself to pay attention to inner comfort.
- ✓ Having refused importance, you will get the freedom to choose your destiny.
- ✓ Freedom of choice allows you to stop asking, stop demanding, and to stop struggling. It allows you to go and take whatever you want.

- ✓ The structure of information is arranged into chains of cause and effect links.
- ✓ Cause and effect links give rise to the flow of variations.
- ✓ The paths of least resistance are arranged into separate streams.
- ✓ Streams in the flow of variations already have in themselves the solutions to all problems.
- ✓ Internal and external importance throws the mind out of the optimal stream.
- ✓ It is the mind, which leads you to a waterfall, and not the streams in the flow of variations.
- ✓ Everything is a lot easier than it seems. Give in to this simplicity.
- ✓ It is not the omen that works, but your attitude to it.
- ✓ Guiding signs point at possible turns in the flow of variations.
- ✓ Life tracks differ qualitatively from one another.
- ✓ Signs put us on alert, because they appear during a transfer to another life track.
- ✓ Signs can be distinguished by their ability to create a sensation that something is not quite right.
- ✓ Spontaneous phrases can be perceived as clear instructions, which you may act on.
- ✓ The condition of inner discomfort is a clear sign.
- ✓ If you have to talk yourself into something, it means the

soul is saying "no."

- ✓ If you have the possibility to refuse an uncomfortable decision – refuse it.
- ✓ It's necessary to loosen the grip and accept unforeseen events in your script.
- ✓ Importance gets in the way of your accepting the possibility of deviations in your script.
- ✓ The mind strives to control, not its own movement along the flow, but the flow itself.
- ✓ Move the center of gravity from control to observation.
- ✓ Having relinquished control, you will get real control over a situation.
- ✓ If you move along the flow of variations, the world will come out to greet you.

EXPLANATION

Since the beginning of time, people have been noticing that the world behaves in a dual way. On the one hand, all occurring on the material level is more or less understandable and explainable in terms of the laws of natural science. But on the other hand, when faced with phenomena belonging to the subtle level, these laws cease to be effective. Why can't we succeed in uniting the various manifestations of reality into one knowledge system?

The result is a strange picture: as if the world plays hide and seek with the man and is unwilling to reveal its true nature. Scientists hardly succeed in formulating a law that explains a given phenomenon and another phenomenon appears, and it does not fit within the explanation of previous law. And this pursuit of truth, elusive as a shadow, continues forever.

But here's something interesting: the world does not simply hide its real face - it readily accepts the appearance that people attribute to it... and this happens in all areas of natural science. For example, if we are to represent a given object from the micro world as a particle, experiments have to be carried out in order to prove this. But in case we assumed that this is not a particle but an

electromagnetic wave, the world would not object and would readily manifest itself.

The same would be the result if we would ask it about the matter from which it is made – is it a dense matter? It will answer – Yes. And perhaps it is made of energy? The answer is again affirmative.

As is known, a continuous process of birth and annihilation of micro particles takes place in the vacuum - energy is converted into matter and vice versa. It's not worth it to even ask the world what is primary - matter or consciousness. It will again change its mask in a cunning way and turn to us exactly the side we would like to see. Representatives of various doctrines argue proving contradicting viewpoints but reality makes its impartial judgement: actually all of them are right.

It turns out that not only the world is elusive but it's also yielding and in other words, it behaves like a mirror. All concepts of reality are literally reflected by the world, whatever they might be.

But are all attempts to explain the nature of reality in vain? Since the world will always agree with what we think about it and at the same time it will always avoid a straightforward answer.

In fact, things are much simpler. It is not necessary to seek absolute truth in the different manifestations of the diverse reality. All that you need to do is to accept the fact, that just like a mirror, reality has two sides – physical, which can be touched with hand, and metaphysical that is beyond the borders of perception, but it's just as accurate. Today science explores what is reflected in the mirror and the esotericism tries to look at the other side of the mirror. That's what their argument is all about. Yet, what is it there, on the other side of the mirror?

As an esoteric teaching, Transurfing provides one of the possible answers to this question. On the other side of the mirror, there is the space of variations – an informational structure, in which the scenarios of all possible events are stored.

The number of variants is endless, like the infinite number of positions of a point on the coordinate web. There, everything that was, that is and that will be, is stored.

This means that the access to the space of variations opens opportunities for clairvoyance. The only problem is that an endless number of variations exist, thus events that will never happen, can also be seen. That's why clairvoyants often make mistakes in their predictions. Since they could see what never happened or would never happen.

So you can relax about that, your future cannot be known by anyone, because no one can predict which variation will actually happen. Similarly, there is no guarantee that that while dreaming, you saw the exact sector in the space of variations, that is to become reality.

And this is just great – as your future is not predetermined, this means that there is always hope for something better. The goal of Transurfing is not to remember the past with regret and to wait for tomorrow in fear, but to consciously form your reality. At first, it is hard to believe that. Where is located the space of variations? Is such a thing even possible?

From the viewpoint of our three dimensional perception, it is located everywhere and at the same time nowhere. It might be beyond the borders of the visible universe, or it might be located inside your cup of coffee. In any case, it is not in the third dimension.

The paradox is that all of us go there every night. Dreams are not an illusion at all. People carelessly categorize them as fantasies, without suspecting, that they reflect real events that might happen in the past or in the future.

It is known, that while dreaming, one can witness pictures that seem to belong to a world other than ours. And it is absolutely clear, that such a thing is nowhere to be seen. If the dream is some sort of imitation of reality, generated by our brain, then where do all those unimaginable pictures and stories come from?

If we assume that everything conscious in the human psyche belongs to the mind, and the subconscious – to the soul, it can be stated, that the dream is the soul's flight in the space of variations. The mind does not invent the dreams – the mind really sees them.

The soul has direct access to the informational field, where all "scenarios and decors" can be found stationary, like frames from a movie roll film. The time phenomenon manifests itself only when the "movie roll-film" is moving. The mind is an observer and "generator of ideas".

Memory also is directly related to the space of variations. It's already proven that the brain is not physically able to store all the information one accumulates throughout his/ her entire life.

Then how does it manage to remember it? The answer is that the brain stores not the information itself, but something similar to addresses pointing to the data in the space of variations. People don't remember anything from their past lives because when the physical body dies, the addresses are destroyed. But under certain conditions they can be restored.

The mind is not able to create anything that is principally new. The mind can only construct a new version of a house using old blocks. All the material, for the scientific discoveries and the masterpieces of art, is provided to the mind

from within the space of variations, with the help of the soul. And again clairvoyance and intuitive knowledge come from there.

Einstein wrote that: "Breakthroughs in science are not done through the way of logic, barely later, in the process of their representation, they are dressed in a logical form. Even the smallest discovery is always a revelation. The result comes from outside and is completely unexpected, as if someone hinted it to you."

The space of variations should not be mixed with the famous concept of common informational field, in which data can be transmitted from one object to another. The space of variations is a stationary matrix, a structure, defining everything that could happen in our world.

And so, if we put up with the simultaneous existence of the two sides of reality – a physical and a metaphysical one, the picture of the world becomes clearer. When those two aspects of reality touch each other on the surface of the mirror, phenomena occur, that are related either to the paranormal or to still unexplained events.

An illustrative example of such a touch of the two sides of reality is wave-particle duality when a micro object behaves both as a wave and a particle. Yet, we, the living beings, combining both materialistic and spiritual characteristics, represent the most amazing example. In a sense, we live on the surface of a giant dual mirror, on the one side of which is situated our material Universe and on the other is situated the black infinity of the space of variations.

Since we are situated in such a unique position, we would be the at least shortsighted to live within the frames of the common world viewpoint and to use only one side of reality – the physical one.

The thought power of a person, under given circumstances, is capable of materializing one or another sector of the space of variations. While being in the state, which Transurfing names as union of mind and soul, an incredible magical power is created – the external intention.

Everything, which we traditionally refer to magic, has direct relation to the external intention. With the help of that great power, the ancient magicians built the Egyptian pyramids and created other similar wonders.

We call the intention external, because it is located outside the person and thus it is not under the control of the mind. It is true that in certain state of consciousness, one can gain access to it. When we submit that powerful force to our will, we will be able to do amazing things.

Modern people though have long ago lost their capabilities, while inhabitants of ancient civilizations such as Atlantis used to wield them. Parts of the ancient Knowledge have reached us today in the form of esoteric teachings

and practices, unrelated to each other. It's too hard to use those teachings in everyday life.

Despite of the difficult practical realization, the secret to mastering the external intent lies on the surface. The key to revealing it, lies in the phenomenon, which is known as lucid dreaming.

During usual dreaming the events happen independently from the will of the mind. Until the dreamers realize that they are sleeping, they aren't able to control what is happening in the dream. One is completely in the power of the unconscious dreaming – "it just happens to him/ her".

But once one realizes that this is a dream, incredible capabilities are uncovered. In a conscious dream anything can be accomplished – you can control events with the power of your intentions and can do unusual things like flying.

The ability to control dreams appears when in your dream you realize the reality. On that step of awareness one has a bearing point – the reality one can return to, after awakening. Reality, in its turn, also resembles an unconscious dream - one is in the power of circumstances and life just "happens" to him/ her. People do not remember their past lives and have no bearing point, to use it for going up to the next level of awareness.

Despite all of the above, the situation is not hopeless. In Transurfing there is another way around, which allows you to make the external intention serve you. People are able to form their reality. But to do that, they have to follow certain rules.

The ordinary human mind unsuccessfully tries to impact the reflection in the mirror, when actually the image itself should be changed. The image is the direction and concept of human thinking.

In order to turn your desires into reality, you need more than just desire. The image from the one side of the mirror should match certain parameters of the respective sector from the space of variations on the other side. But that is also not enough. We should know how to use the mirror and it is not simple and it's too weird.

Imagine the following unusual situation. You stand in front of the mirror and there is nothing – emptiness. After a while a reflection starts to appear - like the exhibiting of photography. Then you start to smile, but in the reflection you still see the same serious face.

The mirror of the space of variations, functions in the same way. Only the delay there is considerably longer, for which reason the changes cannot be perceived. The material realization is inert, but if certain conditions are met, the reflection will be shaped, meaning that the dream can become true.

Your image in front the mirror is an existing physical object. And your reflection, which is of no material substance, is alleged, metaphysical, but at the same time just as real as the image itself. Unlike the usual mirror, the material world manifests itself as a reflection, the images of which are the intention and thoughts of God, as well as of all living beings – His manifestations.

The space of variations is a kind of matrix, a template, used for the 'tailoring', 'sewing' and 'demonstration of the models' - the movement of all matter. The information, about what and how things should occur in the material world, is stored there. Every scenario is a sector of the space, containing the scripts and decors, the trajectory and shape of matter. In other words, the sectors define what must happen in every scenario and how it must look like.

So, the mirror divides the world into two halves - valid and alleged one. Everything having a material shape is within the real half and it behaves according to the laws of natural science.

Science and the usual world viewpoint are dealing only with what happens "in reality". For reality we assume everything that can be observed and directly affected ... if we reject the metaphysical side of reality and we only consider the material world, the actions of all living beings, including the human beings, will be brought down to a primitive movement within the frame of the internal intention. With its help the goal is achieved through direct influence on the surrounding world.

In order to achieve something, you need to make certain steps, to push forward, to work with your elbows, generally speaking - to do some specific job. Material reality reacts immediately on the direct influence, which creates the illusion, that this is the only way you can get any results. However within the frame of the material world the circle of the realistically achievable goals is significantly reduced. You have to rely only on that which is available. Everything comes down to means and possibilities, which are usually quite limited.

In this world absolutely everything is penetrated from the spirit of rivalry. Too many people want to achieve the same things. And within the frames of the internal intent, of course there will not be enough for everybody. Besides, where are the conditions and circumstances going to come from, in order to achieve the goal? They can only come from the space of variations.

On the other side of the mirror, everything is in excess, and without any competition. There are no commodities, but what is great is that you can choose any commodity as if choosing from a catalogue, and order it. Sooner or later it will be delivered and you won't have to pay for it – all you have to do is fulfil certain, not too complicated conditions, and that's all. Doesn't that sound like a fairy tale?

Not at all... Thought power does not disappear without any trace – it is

capable of materializing that sector from the space of variations, which has parameters conforming to the mental broadcast.

It just seems to us that all existing things in our world are a result of the interaction of material objects. Here, the processes on a fine level play a significant role, when the virtually existing scenarios manifest into reality. The cause-effect links of the fine processes are not always evident and despite the fact they form an at least half of our own reality.

Usually the materialization of the sectors of the space of variations happens independently from our will, because people do not focus their mental energy, let alone the less developed creatures.

People have landed in "real life" and they walk in a store with empty shelves, reaching out to commodities that have the "sold out" label. There are only low quality stocks, but even for them you need to pay a high price. And instead of just looking at the catalogue and ordering, people jump into a chaotic search, wait in endless lines, with all strength try to skin through the crowd and quarrel with customers and sellers alike. Despite that the objects of desire still don't fall into one's hands and the problems keep increasing.

Such a tragic reality is at first born in the consciousness and gradually materializes itself and transitions into reality. Every living creature with its direct actions on one hand and thoughts, on the other hand, creates the layer of its own world. All layers are piled over one another, and thus every living being makes its contribution to the shaping of reality.

The layer of the world is characterized with certain conditions and circumstances, from which the way of life of the separate person is created. The vital conditions are different – comfortable or cruel, favourable or aggressive. Of course, the environment, in which a person is born, plays an important role.

But the later life in most cases goes depending on the attitude of that person towards the self and the surrounding environment. People's view on the world to a great degree defines the subsequent changes in their way of living. That sector of the space of variations is materialized, the scenarios and decors of which, match the direction and nature of the mental broadcasting.

And so, two factors participate in the shaping of a given layer: on one side of the mirror – the internal intention, and on the other – the external one. With their direct actions, people can influence the objects of the material world, and with their thoughts they can realize everything that still does not exist there.

If a person is convinced, that everything good in this world is already sold out, then that person will really encounter empty shelves only. If the person thinks that for the good commodities, (s) he has to wait on a long line and to pay expensive prices, then it will be so. If his/ her expectations are pessimistic and

full of doubts, they will come true for sure. If (s) he thinks that (s) he will encounter an unfriendly circle of people, his/ her feeling will come true.

But if (s) he has the innocent thought, that the world has reserved for him/ her all the best, which, inexplicably, will come true. That's how people form the layer of their world with their thoughts. But in most cases they don't understand how this happens.

People strive to have "all things happen the way they want". They try to apply their simple principle to the world – whichever direction I turn, there I will go; if I push something hard at a specific place, there it will be bended. But who knows why, the world refuses to subdue. Something more – a person turns to one side, but the world takes this person to another. One should think: if reality behaves so inadequately, then a different approach is needed. Maybe reality subdues to other laws? But a person does not want to stop, to look around, and continues to stubbornly act his/ her own way.

After such "work" one gets a layer of the world, where "everything is as I didn't want it to be". On the contrary, a lot of things happen "the way I did not want them to be". Some weird, freakish, contrary reality.

Often we have the feeling as if the world deliberately messes with us. As if some unexplainable force attracts trouble to us. Our fears come true, our worst expectations happen in reality we are always haunted by that, which we hate and try to avoid.

Why does it happen so?

From the theory of Transurfing it is known why we happen to "get what we do not want", especially if that aversion is barely containable. You are either afraid or hate something with your entire hearth? Then the external intention will give you exactly that in excess.

The mental energy, born from the union of mind and soul, turns the possibility into reality. In other words, the sector of the space of variations, the parameters of which match the mental broadcast, gets materialized, if your soul's feelings are in union with the thoughts of the mind.

But that is not the only reason for the realization of the worst expectations. Generally put, a life without problems is normal. Everything plays out nice and smoothly, if you sail across the current of scenarios, without breaking the balance. Nature does not like to waste energy and does not strive to create intrigues.

Unwanted circumstances and events occur, because the unnecessary potentials import distortions into the surrounding energy image, and the attitudes of dependence make the problems deeper.

Unnecessary potentials emerge when too much importance is attributed to some qualities. Relations of dependence between people are created when

they compare themselves to others, confront each other and put conditions of the sort "If you do so, then I will..."

Unnecessary potential is not that scary till the distorted assessment exists on its own, without any relations to anything else. But when the artificially inflated assessment of one object is placed in comparison to another object, polarization occurs, that gives birth to the wind of the balancing forces. They strive to remove the emerged polarization and in most cases their action is directed against the creator of the distortion.

Here are a few examples of potentials without a relation: I love you, I love myself; I hate you; I feel disgusted from myself; I'm good; you're bad. Such assessments are not based on contradictions.

Here are examples of potentials, emerged from the relations of dependence: I love you, if you love me; I love myself because I stand above you all; you are bad because I'm better, I don't like myself because I am the worst of all people; you are disgusting because you are not like me.

The difference between the first group and the second one is very significant. The assessments based on comparison lead to polarization. The balancing forces remove this non-uniformity, by colliding the opposites. The same way the opposite sides of a magnet attract each other.

That's why troubles enter our lives so insistently and as if on purpose. For instance, married couples seemingly consist of two incompatible personalities, which are made as if as if to punish each other. In different teams there will always be at least one person, who will annoy you. The laws of Murphy are of the same nature.

Polarization twists the energy image and gives birth to the wind of the balancing forces, as a consequence of which the reality is mirrored inadequately, as if by a cracked mirror. One does not understand, that this occurs because (s) he distorts the balance, and tries to fight the surrounding world instead of removing the polarization.

And all you have to do is simply to follow the basic rule of Transurfing: allow yourself to be yourself, and allow the others to be themselves. You must let go of the world, loose your grip.

The more you stick to your desires and your pretensions, the more powerful is the magnet that attracts everything opposite. What literally happens – you have grasped the world by its throat and the world resists, trying to break free.

Pushing it and insisting, is pointless – the situation will only worsen. Instead you have to consciously change your attitude towards the situation according to the Transurfing rule.

By itself the existence of the "law of treachery" is too weird, don't you agree?

Why, for what reason does the world behave so nasty? Or those are all fabrications and prejudices? No, actually a certain tendency exists and you can't run away from that fact. Happily the Transurfing model not only reveals the cause for that law, but also explains how to avoid it.

The Transurfing rule works flawlessly, by rescuing those who follow it from a mass of problems having an unknown origin. Once you loosen your grip and stop "holding the world by its throat", the world right away starts behaving Friendly and obediently.

And the one, who does not "let go" of the world, will attract all negative things like a magnet. But the law of bad luck is not everything. Once opposites meet, their collision strives for later conflicts.

We already explained the reason for the ubiquitous unity of opposites: by colliding them, the balancing forces restore the balance. And why are the opposing parties constantly fighting?

At first glance, it should be the opposite - to face, extinguish each other and settle down.. But no, opposites will "annoy" each other, until they start "fighting", and if no one breaks them apart this will continue forever.

There are ample examples. You yourselves can confirm that the world quite often annoys you. Of course, it's different for everybody and to a different degree. But in general the essence is: if in the current moment something can tip you off balance, it will happen as if deliberately.

The following happens. If you are bothered by something, your nerves are tensed, at least to some extent. As if in relation to that, a spider appears and starts to jump and bark, thus tensing your nerves even more. You are annoyed and the spider keeps jumping higher and higher.

There are a lot of ways to increase the tension. Let's suppose that you are rushing to get somewhere and you are afraid that you might be late. The spider claps and then rubbing its hands, exclaims, "Go, and go, our team!" From this moment on, everything works against you. People will be in your way and will walk slower and you will not be able to get around them. You have to go through the door as soon as possible, and in front of it there is a whole big line of lazy people who barely walk. It happens with the cars on the road. As if everyone has conspired against you.

Of course some of that happens because of the perceptions - when you are in a rush it seems that the whole world is slower. But there are obvious signs: the elevator or the car break down, the bus is late; you end up in a traffic jam - now there's definitely some ill-intentioned objectivity.

We could also give other examples. If you are worried or stressed out by something, the people around you will do just that, which bothers you and at the exact moment you want to be left alone.

The kids annoy you. Despite that they behaved a minute ago. Someone starts to chew and swallow loudly. You get obstacles coming from everywhere. If you wait for someone without any patience - the person comes late. If you don't want to see anyone - someone will come right away. And so forth.

And this external push gets more intense, as more tension accumulates. The stronger it is, the more actively are the others bothering you. But here's something interesting: they do not behave this way deliberately. They don't even think about it, that they are bothering someone. What is the reason for such behaviour?

In the psychology of the unconscious there are many white spots. As weird as it is, in most cases, people are driven by unconscious motives. But what is amazing does not lie in that, but in the moving force, which is forming the unconscious motives, and which is not within the human psyche but outside it.

That force consists of the invisible but realistic energy-informational entities created by the mental energy of living beings - the pendulums. The pendulums always appear where they can feed on the energy of conflicts.

We shouldn't assume that these entities are capable to plot something and to realize conscious intent. Just like leeches, the pendulums can sense polarization as a non-homogeneity of the energy field and they strive to attach themselves there. But that is not that scary.

What is terrible is that they not simply absorb the energy of the conflict, but they somehow make the people to behave in such a way, as to give out more energy. The pendulums do that, so that they have an abundance of energy. They pull people with invisible strings and people obey like puppets.

For them the clear human consciousness is inaccessible, but that is not necessary - all they require is the subconscious. Usually all people are sleeping in real life. One does a lot of things automatically, without thinking.

The level of awareness is especially low, when a person is at home or in a crowd. In a home environment the need of increased self control is not high, so that's why one relaxes and almost naps. In an external, but narrow circle of conversation, on the contrary, the consciousness is the most active and it's busy with self-control.

While in a big public gathering the actions of the separate person again become spontaneous, and they also fall into a strong co-relation with the general impulse of the mass. In order to demonstrate the work of the pendulum, let's take the simplest example - a passer by, which you want to out walk.

When you decide to go around to the left, he makes a spontaneous move to the left, as if he's deliberately standing in your way. You try to go to the right and he unconsciously goes in the same direction.

What makes the passer by shift his direction?

He does not see you, nor does he care that you want to out walk him? Maybe he somehow senses with his back that you are approaching and instinctively does not want to let his "competitor" go ahead?

At first glance this is the explanation and still it's not like that. If we are talking about instincts, in nature rivalry always occurs, when the opposing parties face each other. The pendulum – that's what makes the passer by shift his way.

A person walks, without thinking where (s) he steps, so that (s) he can move forwards. In that relation one is sleeping, that's why the line of one's steps from time to time shifts away to one side or the other. The motivation, that is, the choice of direction is situated in the subconscious that in this moment is not controlled... and it is potentially open to the pendulum.

You show up and try to out walk him. In fact that is a conflict, even though a minor one. In order to increase it, the pendulum makes the passer by do an unconscious shift in order to get in the way and to sharpen the situation.

At the same time it does not do that on purpose, because it does not have conscious intent. And again, unconsciously, the balancing forces do their job. Once again we stress this: it is about processes the mechanism of which currently is not clear, and we don't speak about conscious behaviour.

We are only marking the separate manifestations and laws of the nature of the energy-informational world. There is no point to discuss how the pendulum works in a given situation, where it came from, or how does it manage to do that and what actually is happening there, at an energy level.

The only thing that matters is one basic conclusion – if the balancing forces clash the opposites, the pendulums do everything to increase the energy of the conflict that has arisen. That is the law of the pendulum.

The endless battles of the pendulums, whether they are family scandals or armed conflicts – they all are happening according to this law. When a clash emerges, the events will develop towards the sharpening of the conflict, no matter what happens, including the temporary and 'decorative' peace treaties.

Where the law of the pendulum is at work, the common sense is not available. That's why the actions of individual people, as well as entire countries very often do not fit within the frame of common sense. In a conflict situation, human motives are under the control of the pendulum.

The result is a strange effect – you perceive your past actions like a dream "What was I thinking? Why did I do that?" Because the person acted, without accounting for it. Barely later when the consciousness is no longer under the external influence, (s) he adequately evaluates what happened.

Couples argue and split up, because they are convinced that they are incompatible. But they did have happy moments, when everything was just great. And all of a sudden a person changes and starts behaving in a hostile way. This does not match at all with his/ her previous behaviour. Sounds familiar, doesn't it?

In reality the reason is not that one or another person has changed. One can behave in a way unacceptable for the partner, because that's how the pendulum makes him/ her act.

It rules the subconscious motivation of the people opposing each other. And that control is oriented towards increasing the energy of the conflict. People cannot realize that they are forced to confront others. People can act in an absolutely illogical and inadequate manner.

This effect is particularly clear in cases of unexplainably cruel crimes. Later when the subject is in trial, while remembering his/ her past actions in bewilderment: "It was like my conscious was in a fog." And (s) he does not lie, it was really that way. For the criminal himself/ herself that is completely unexpected, (s) he perceives his/ her act as a terrifying dream.

The dream becomes particularly strong, if attention falls under the hoop of obsession. In specific societies, like in the army, in a group or a sect, an environment is created with defined stereotypes of behaviour and thinking. That makes the subconscious "sleepy" and it is completely open to the zombie effect of the pendulum. Then things might happen, which if looked upon from aside, seem absolutely crazy.

Why people so fiercely kill their own kind, because they – the others, bow down to others – and not their own, gods? Who does this bother? People endure the privations of war and die with the dozens, hundreds of thousands, millions. Where is the instinct of survival?

To a certain degree we can understand the battles for riches or territory. But how do we explain the battles for beliefs? The idea of peace is close to everyone. But wars do not end. The idea of one God is obvious. Ideas for brotherhood, justice, and equality – we can continue with an endless list. Everyone understands everything, but common sense is absent, and evil wins...

The universal source of 'evil' - the pendulums. When we observe it for a while, it becomes absolutely clear: whatever you do in whatever conflict of one thing with another – everything is pointed towards increasing the energy of the conflict. Even if the fight stops for a while, that doesn't last long and later it emerges with new power. Of course there are all kind of pendulums and they are destructive to a different extent.

Many are quite harmless. For instance the pendulum of Transurfing is needed so that as many people as possible can think about what happens in reality.

We are not talking about releasing yourself from all pendulums – if that is even possible.

The main thing is not to be a puppet and to act consciously in order to use these structures to your advantage. How to break out of that influence?

Wake up and realize in what way the pendulum is trying to manipulate you. When you realize what's going on, half the job is done. The power of the pendulum's influence is inversely proportional to the awareness. It has power over you only while you sleep in real life.

Before all, do not participate in the destructive battles of the pendulums, if you personally have no need of them. When you are in a crowd, you have to step down from the scene in order to look around and wake up "What am I doing here? Do I realize what I am doing? Why do I need this?"

The awakening from the lucid dream must be absolutely clear, as we mentioned earlier. "In this moment I no longer sleep and I clearly realize what I am doing, why, and for what reason it is so." If you realize that, things will be all right. If not, then in every, even minor situation you are a puppet.

It's more complicated when something annoys you. In this situation the spider will jump, while the tension exists. Usually this means, that the pendulum has obsessed your attention. In order to free yourselves from it, you need to become carefree... It might be difficult.

Same is valid for all other situations. When the "spider jumps", this means your attention is obsessed. You have been pulled into the game of the pendulum, whose goal is to increase the energy of the conflict. To liberate yourself from that hook, you need to focus your attention on something else.

Generally speaking, things aren't that bad. Things will be okay if you don't sleep in real life. Although you may think that everything said up to this point is some kind of fairy tale, and of course it is not easy to get used to the thought that some entities do control you.

To accept this knowledge or not – it's a matter of personal choice. And you don't have to believe it. Observe and make your own conclusions.

Best of Luck ...

www.reality-transurfing.com

GLOSSARY OF TERMS

- UNDERSTANDING TRANSURFING -

Importance

Importance occurs when something is given excessively large significance. It is an excess potential in its pure form, during the elimination of which the equilibrium forces create problems for the individual responsible for creating the potential. There are two kinds of importance: Internal and External.

Internal or Personal importance is manifested as an overestimation of one's virtues or shortcomings. The formula of internal importance goes like this: "I am an important person" or "I have an important job". When the arrow of importance goes off the scale, equilibrium forces go to work and the "hot shot" gets a flick on the nose. Those who "do important jobs" are also in for a disappointment: their work will either be of no use to anyone, or will be done badly. There is also a reverse side to it, an understatement of the one's own qualities, self-humiliation. In both cases the magnitude of the excessive potential is the same, the difference is only in polarity.

External importance is also artificially created by a person when he attaches too great a significance to an object or an event. Its formula is: "This is of large significance to me" or "It is very important that I do this." An excess potential is created and the whole thing goes to ruin.

Imagine that you have to go across a log that is lying on the ground. Piece of cake! And now you have to walk across the same log, only that this time it has been placed between the tops of two skyscrapers. Walking across the log without falling is of great importance to you, and you won't be able to convince yourself otherwise.

The Wave of Fortune

The wave of fortune is formed as an assemblage of life lines that are favorable to you. The space of variants contains all things, including these gold veins. When you find yourself on such a line and get lucky, you can glide, under inertia, onto the other lines of the assemblage, where new fortunate circumstances will follow.

But if after the first success you once again strike a bad patch, then you have been hooked by a destructive pendulum (extractor), which has taken you away from the wave of fortune.

Unity between the Soul and Mind

The mind has a will, but is unable to control external intention. The soul is able to sense its identity with the external intention, but it does not have will. It flies around in the space of variations, like an uncontrollable kite. In order to submit external intention to your will, you have to achieve unity of the soul and mind

This is the state in which the feelings of the soul and the mind's thoughts are all of a piece. For example, when you are filled with joyful inspiration, your soul 'sings', while your mind 'rubs its hands with satisfaction'. In this state you are able to create. But it does also happen that your soul and mind find unity in anxiety, fear and denial ... as a result, your worst expectations come true.

Finally, if the rational mind is saying the same thing over and over again, while the heart resists, it means that the soul and mind are in discord.

Life Line

A human life, just like any other matter motion, as a chain of causes and consequences. A consequence in the space of variants is always situated close to its cause. In the same way as one follows the other, the near lying sectors in the space of variants assemble into a life line. Scenarios and decorations of the sectors found on the same life line are more or less uniform in their quality. The human life moves evenly along its line until there is an event that introduces a substantial change in the scenario and decorations.

Then fate takes a turn and crosses over onto a different life line. You are always on the lines, the parameters of which correspond to your thoughts emission. By changing your attitude towards the world, that is your thought image, you cross over onto a different life line that has different alternatives for the development of events on your current life line.

Signs

Guiding signs are those which suggest a turn in the flow of variants. If something is approaching that could substantially influence the course of events, a sign appears as an indication of this. When the current of variations makes a turn, you move onto another life line. Each has approximately the same qualities.

The flow in the stream of variations may cross lines with different parameters. Changes may be minor, yet you can feel the difference. It is this qualitative difference you notice consciously or unconsciously - you think that something is wrong.

Guiding signs appear only in the event that a transition to another life-line

begins. You probably will not notice the different phenomena. For example, a crow caws over you, and you do not pay attention. You didn't feel a qualitative difference, meaning that you are still staying on the previous line. But if something makes you become alert, this is a sign. Its distinguishing feature is that always indicates the beginning of a transition on a substantially different life line.

The choice

Transurfing offers fundamentally different approach to achieving objectives. One makes a choice, as if ordering in a restaurant, without worrying about the means to achieve it. In most cases the goal gets realized by itself, regardless of the direct actions of the client. Your desires are not fulfilled. Your dreams will not come true. But your choice is an irrevocable law and it will inevitably happen. It is impossible to explain in a nutshell the essence of choice. All the transurfing deals with what is choice and how to make it.

Excessive potential

Excessive potential is a tension, a local disturbance in the steady energy field. Such heterogeneity is created by mental energy whenever an object is given undue importance. For example, desire causes excessive potential since it seeks to attract the desired object, where it is actually absent.

The strong desire to have something that you actually don't have, creates energy "pressure difference", which creates wind of balancing forces. Other examples of excessive potentials: anger, condemnation, admiration, adoration, idealization, overestimation, contempt vainglory, superiority feeling, guilt, inferiority feeling. Induced transition

Accidents, natural disasters, armed conflicts and economic crises are evolving in the form of a spiral. They emerge, develop, pressure is accelerating, the climax comes, emotions are running high in full force and finally lead to the denouement - all the energy is dispersed in space and temporary calm occurs. Whirlpools work similarly.

The attention of a group of people falls into the clutches of the pendulum, it sways more strongly, captivating them on lifelines with disasters. One responds to the first push of the pendulum - for example, reacts to a negative event, takes part in the inception and falls within the zone of the spiral activity, which is further accelerating and (s)he is pulled into the whirlpool.

The phenomenon of absorption into the whirlpool is defined as an induced transition on such a vital line where one becomes a victim. His/ her response towards the pull of the pendulum and the subsequent feeding with the energy of

the fluctuations, induces transition on a vital line with a frequency similar to the oscillations of the pendulum. Consequently, the negative event is included in the layer of the world of this person.

Coordination of the importance

Do not give anything unnecessary importance. The importance you do not need, it is needed by the pendulums which manage people with threads of dependence, as if people are puppets. One is afraid to let go of them because (s)he is in the power of addiction, which creates the illusion of support and confidence.

Confidence is the same excessive potential as uncertainty, only reversed. Awareness and intention allow you to ignore the game of the pendulums and to achieve what you need without a fight. And when there is freedom without struggle, you don't need confidence. If I miss importance, I have nothing to defend and conquer - I just quietly walk and choose what I need.

To rid the pendulums, it is necessary to cancel the internal and external importance. Problems and obstacles on the way to the goal also arise from the excessive potentials of importance. Obstacles are based on the foundation of importance. If you deliberately reject it, they will disappear.

Coordination of Intention

Realization of the worst expectations of people prone to negative thoughts, confirms that one is able to influence the course of events. Each event on the life line has two branches in the space of variations - in a favorable and an unfavorable direction. Whenever you encounter one or another event, you make choices about how to treat it. If you look at it positively, you'll be on the favorable branch of the life line. Inclination to negativity however makes you show discontent and choose the unfavorable branch.

If something makes you angry, a new trouble is to follow. This is the mechanism of "an evil never comes alone." But the series does not come trouble after trouble, it is related to your attitude towards it. Pattern is created by your choices that you make at the crossway.

Analyzing the tendency to negativity, you can imagine where it will lead you throughout your life, this sequence of negative branches. The principle of coordination of intention is: if you decide to view the seemingly negative change in the scenario as a positive one, such it shall be. Guided by this principle, you will achieve the same success in the positive, as achieved in the negative by using worst expectations.

Material Realization

The information structure of the space of variations, may materialize under certain conditions. Every thought, as well as every sector from the space of variations, has certain parameters. By "illuminating" the corresponding sector, the mental broadcast realizes the version of this sector. Thus thoughts have a direct influence on the course of events.

The space of variations serves as a template, it determines the shape and trajectory of movement of the matter. Material realization moves in space and time, but the variations remain in place and exist there forever. Every living being forms the layer of its world, via its mental broadcasting. Our world is inhabited by many living organisms, and each has its own contribution to the formation of reality.

The Pendulum

Mental energy is tangible, it can't vanish without a trace. When a group of people begin to think in one direction, their "thought waves" superimpose over one another and in the ocean of energy they create invisible but real energy-information structures - pendulums.

They begin to develop by themselves and make people follow their laws. Once under the influence of a destructive pendulum, one loses his/ her freedom - becomes a cog in the big mechanism.

The more people - fans - fuel it with energy, the stronger the pendulum gets 'swayed'. Each pendulum has its own characteristic frequency of fluctuations. For example, you can sway the cradle if you apply force with a frequency called resonant frequency. If the number of supporters of the pendulum decreases, its fluctuations subside. When they completely disappear, it stops and dies as a nature.

To suck energy from people, pendulums are using one's feelings and reactions: resentment, dissatisfaction, hatred, frustration, anxiety, agitation, oppression, confusion, despair, fear, regret, affection, admiration, tenderness, idealization, adoration, delight, disappointment, pride, arrogance, contempt, disgust, sense of offence, sense of duty, guilt, etc.

The main danger for man succumbed to the destructive influence of the pendulum is that it diverts its victim from those lifelines where (s)he can be happy. (S)he should get free from imposed goals, because fighting for them, one deviates more from his/ her own fate.

The pendulum is egregore, but that does not describe everything. The term "egregore" does not reflect the complex nuances of human interaction with energy-information entities.

The Intention

We can roughly define intention as determination to have and to act. Intention gets realized, and not desire. Wish to raise your hand - the idea is formed in your mind, you are aware that you want to raise your hand. But will the wish raise it? No, desire by itself does not produce any action. Your hand will lift only when you are not focused on the thought for the desire and only the determination to act has remained. Perhaps determination will raise your hand? Also no.

You took the final decision to raise it, but it still does not move. What then will raise it up? How to determine what comes after commitment?

Now comes the helplessness of the mind to give a convincing explanation of what is intention. The definition that intention means to have a determination to have and to act, is only a prelude to the power that implements the action. Now we can only state the fact that the arm is raised not by desire and determination, but by the intention.

The intention is divided into external and internal one. Internal one is related to actively influencing the outside world - a determination to act. The external intention is a determination to have, when the world becomes subject to human will. Internal intention focuses on the process of our own movement towards the goal, external - focuses attention on how the goal gets realized by itself.

Goal is achieved using internal intention, while it is selected using the external one. Everything about the magic and the paranormal refers to the external intention. And what can be achieved within the normal world views, is achieved using the power of the internal intention.

Relations of Dependence

The relationship of dependency happens by the following scenario: "If you love me, you would leave everything and come with me to the end of the world. If you do not marry me, you do not love me. If you praise me, we'll be friends. If you do not give me my blade, I'll drive you out of the sand."

When love goes into relationship of dependence, polarization inevitably appears and the balance is disrupted. Unconditional love is love without right of possession, without admiration and adoration. In other words, this feeling does

not create a relationship of dependence between the one who loves, and the object of his/ her love.

The balance is violated when something is compared to something else or confronts it: "We are like this, but they are different!" For example, national pride - compared to which nations? Sense of inferiority - compared to whom? Or being proud of ourselves - compared to whom?

Where opposition exists, balancing forces get inevitably involved. Their action is directed either towards "separating" the subjects of controversy, or towards uniting them, for mutual agreement or conflict. If polarization is created by you, the effect of the balancing forces will be mainly directed against you.

Polarization

Excessive potentials arise when giving undue importance to some properties. A relationship of dependency is created when people begin to compare each other, to confront and to set conditions like "if you do so, I will do so-and-so." Excessive potential is not scary, while the distorted assessment exists by itself.

But if the artificially high assessment of one object is compared to other, polarization occurs, and it in turn gives rise to the wind of the balancing forces. They try to eliminate the occurred polarization and in most cases their action is directed against the one who created it.

Space of Variations

It is an information structure - infinite data field containing all versions of all events that could happen. You could say that it contains everything that was, is and will be. Space of variations is a template, grid of motion of matter in space and time. Both past and future are there stationary, like frames from a movie roll-film and the time happens only during the movement of an individual frame, in which the present is contained.

The world exists simultaneously in two forms - physical reality that we can touch with hands, and metaphysical space of variations located outside of perception, but just as objective.

Despite of that access to this information field is generally possible. It is where intuitive knowledge and clairvoyance are based. The mind is not able to create anything that is principally new. The mind can only construct a new version of a house using old blocks. The brain stores not the information itself, but something similar to addresses pointing to the data in the space of variations. All scientific discoveries and masterpieces of art, are received from the space of variations through the soul.

Dreams are not illusions in the usual sense. The mind does not invent them - it actually experiences them. Everything we see in reality, is realized variations. And while sleeping, we can see what was not realized, i.e. plays with virtual scenarios and scenery.

Dreams show what could have happen in the past or can happen in future. Dreaming is a journey of the soul in the space of variations.

Balancing Forces

Wherever there is excessive potential, balancing forces arise, directed towards its removal. They are created by mental energy when a person gives undue importance to an object.

For example, let's compare two situations: you sit on the floor in your room, and after that - on the edge of an abyss. In the first case you are not excited at all, while the second situation is vital for you - one careless movement could lead to your end.

From energy perspective, the fact that you are sitting, have the same meaning in both cases. But when you're on the edge of the abyss, your fear creates tension, inhomogeneity in the energy field, as a result of which balancing forces arise aimed to eliminate the disbalance. You can even actually feel their effects: on the one hand, some unexplained force pulls you down, on the other hand- other force pulls you further away from the edge.

Because in order to eliminate the excessive potential of your fear, balancing forces must either withdraw you from the edge, or throw you down and finish with it. It is their action that you feel.

The effect of balancing forces for removing excessive potentials creates the vast majority of problems. Their treachery lies in the fact that one often gets results, just opposite to his/ her intention, and does not understand what is happening. Hence the feeling that some unexplained evil force acts, a kind of "law of universal evil."

Sector in the Space of Variations

At each point of space of variations, there is a variant of one or another event. For ease of understanding we will consider that the variation consists of a script and scenery. The scenery is the appearance or form of expression and the script - the way in which matter moves.

For convenience we can divide the space of variations into sectors, each has a

script and scenery. The more distant from each other the sectors, the greater the differences in script and scenery.

Human destiny is also represented by multiple variations. Theoretically there are no restrictions on the possible twists of fate, since the space of variations is endless.

Slide

Our perception of ourselves and the outside world is often far from the truth. The distortion is a result of our slides. For example, you are concerned about some of your shortcomings and therefore feel a sense of inferiority because you think that others do not like them and approve them. And then, socializing with people you replay the slide of your inferiority complex and you see everything in a twisted light.

The slide is a distorted picture of reality in your head. As a rule, negative slide creates unity between the soul and mind and so gets realized - your worst expectations come true. We can transform the negative slides into positive ones and force them to work for us.

If you purposely create a positive slide, it can transform your world layer. Target slide is an imaginary picture in which the goal has been achieved.

Its systematic visualization leads to the materialization of the corresponding sector of space of variations.

Layer of the World

Every living being materializes a certain sector of space of variations with its mental energy and creates layers of its own world. All layers are superimposed and so every creature contributes to shaping the reality.

With his/ her worldview, one creates individual layer of the world - a separate reality. Depending on his/ her attitude, it has some or other shades. Metaphorically speaking, certain weather conditions permanently occur there- very cold morning with the sun shining or dark day with heavy rain, sometimes raging hurricane or some natural disaster.

Individual reality is created in two ways -physical and metaphysical one. In other words, actions and thoughts of a person create his/ her own world. Mental images play a major role as they create most of the substantive issues that you have to fight most of the time.

Transurfing deals exclusively with the metaphysical aspect.

Stream of Variations

Information is located in the space of variations, unmoving, and resembling a matrix. The information structure consists of chains linked together. Causation is the reason for the stream of variations.

Restless mind constantly feels the movements of the pendulums and undertakes to solve all problems, trying to keep the situation under control. Its voluntary decisions in most cases are as meaningless as clapping hands in the water. Most of the problems, especially the little ones, are solved by themselves, if we do not hinder the stream of variations.

The main reason why we should not actively fight to go upstream, is that in this way we spend this mass of energy in vain or even to our harm. The stream moves along the path of least resistance and therefore contains the most effective and rational solutions. Rather, resistance to the stream creates many new problems.

There is no benefit from the powerful intellect of mind when the decision already exists in the space of variations. When we do not hinder the current of the variations, the solution will come by itself, and it will be the most optimal one. Optimality lies in the structure of the information field. The space has all the variations, but the variations with lowest energy consumption are most likely to get realized. Nature does not consume energy in vain.

Transurfing

The meaning of this word can be interpreted as "slipping through the space of variations" or "transforming potential options into reality" or "passing through life lines." But basically, if you spend time for transurfing, then you balance on a wave of success.

Freiling

This technology is effective human relations component of transurfing. The main principle of freiling can be formulated as follows: give up the intention to obtain, replace it with the intention to give and you will receive that which you quit.

The effect of this principle is based on the fact that your external intention is using internal intention of your partner, without harming his/ her interests. As a result you get from him her what you could not using the common methods of internal intention. Guided by this principle, you will get amazing results in your personal and business communication.

Goals and Doors

Everyone has their own unique way, walking on it you will find true happiness in this life. Pendulums impose you other people's goals that entice with prestige and exclusiveness. Pursuing false goals you will either achieve nothing, or if you do achieve the goal, you'll find that you don't need it.

Your own goal will make your life a celebration. Achieving your goal will entail the implementation of all your other desires, and the results will exceed your expectations. Your door is the way that will take you to your goal.

If you move towards your goal through your door, nobody and nothing can stop you, because the key to your soul perfectly fits the lock of your way. No one will take what is your. Therefore you will not have problems with achieving your goal. The problem is only to discover your goal and your door. Transurfing will teach you how to do this.

Day 1

THE AWAKENING

Statement

Wake up here and now! Become aware of yourself and remember: all people dream, and everything around, is nothing but a dream... But this dream has no power over you any more. You woke up, so you are able to influence the course of the events. The advantage lies in your awareness. Feel the power. It is always with you, if you remember it. Now everything will be, as you want it to be ... You are awake!

Interpretation

When you were born in this life, this was a new awakening after many past incarnations - dreams of reality. Since your birth in the world you had always possessed miraculous powers. You were able to hear the whisper of the morning stars, to see the auras, to talk to animals and birds. For you, the whole world was a wonderful pageant of sparkling energy and you were a magician - you could control it.

But persuaded by the influence of others, you fell asleep again. The other dreamers constantly and intentionally fixed your attention only on the physical aspect of reality. Consequently, you have lost all your magical powers.

Don't you think that your life passes like a dream where it is not you controlling reality, but reality controls you?
It is time to get back your previous strength.

Today, make it priority to remember to stay awake!!!

My Notes

Day 2

TEARING THE VEIL

Statement

Realize that your life is a game that was imposed onto you. While deep into it, you're not capable of objective assessments of situations and also not capable at all of influencing the course of events. First - go down to the spectators seats, look around with clear mind and say: At this point I do not sleep and I realize where I am, what happens, what I am doing and why. Then climb back on stage and continue to play, as you remain observing.

Now you have a huge advantage - awareness. You are destroying this game and have acquired the ability to control it.

Interpretation

When you are asleep, you are in the power of the circumstances, because your mind is dormant and accepts everything as it is, without asking questions, as if everything is the way it has to be. You feel as if reality exists independently of you and you are unable to influence it. You have resigned to your fate to the combination of abilities given by birth, and environmental conditions in which you have to live ... the only thing left for to you to do, is to swim with the current of fate, making weak attempts to claim your rights, from time to time.

Can this be changed? ... Yes, it can!

And you'll do it. Until this moment you have accepted the reality as you were taught to do. Now, become aware of it as a dream. Only in the conscious dream you are able to really control the situation. On stage, all have their role and everyone somehow interacts with you: expects something from you, imposes on you, asks or requires something, helps you or hinders you, loves you or hates you...

Watch this game consciously, as an observer, and then you yourself will understand everything. Become The Observer Today ...

My Notes

Day 3

CHILD OF GOD

Statement

Each of us has a particle of God. You are God's child, and your life is the dream of God. Controlling reality with the power of intention, you perform His will. Your intention is the intention of God. How can you doubt that it will be fulfilled?

For this purpose, you only need to allow yourself that right. When we pray, it's like God is praying himself. Can God pray himself? Is there anyone from whom He wants something for himself? He can anyway take everything he wants. Do not pray, do not ask and do not strive. Form your own reality using conscious intention.

Interpretation

Our world is a theatre of dreams where God is a spectator, writer, director and actor. As a spectator He watches the piece, played on the stage of the world. As an actor He lives through and feels the same as the creature who plays its role. God creates reality and controls it by the intention of all that exists. Together with the soul He has put in every living creature part of his intention and sent it in its sleep - life.

God has provided freedom for any creature and power to shape their reality to the extent allowed by the awareness. Virtually all living beings do not use intention in a conscious and purposeful way. Being in an unconscious sleep, they vaguely desire for something, without understanding fully what is it. The intention is blurred, vague and instinctive.

In this sense, humans haven't raised much above the animals. Pendulums were able not only to deprive people from the information about their capabilities, but also to corrupt the meaning of life itself, as they have replaced the service of God with worship to Him. Yet the purpose of life and the very service of God consist of Co-creation - collaborative creation with Him.

My Notes

Day 4

THE BIRTH OF A STAR

Statement

To achieve real success, you have to stop following generally accepted standards and start walking your own way. The one, who comes out of the common formation, creates a new success benchmark. Pendulums do not tolerate individuality; they see a rising star and make it their favourite.

When establishing a new rule, the formation turns and starts following the new star. To establish your own rules, you must allow yourself to be yourself. You can do this. The only thing you have to do is to take that privilege. The privileges are given or taken only by you yourself.

Interpretation

Throughout the lives of the people, someone tries to instil them that they are not perfect, that success, wealth and fame are just for the chosen ones. Pendulums do not deny the fact that anyone can succeed, but carefully hide the fact that each person has unique abilities and qualities. Individuality is deadly for them. If all supporters become free people and get out of control, pendulums will just fall apart.

Stars are born alone, but the pendulum lit them. The role models - the model for success - are created deliberately to turn the aspirations of others to the same direction. In other words, the task of the pendulums is to push everyone in the formation and force them to obey the general rule.

You will achieve nothing until it becomes clear to you, that you have to leave the common formation. It makes no sense to play somebody else's game where it isn't you setting the rules. Whatever you do, always strive to start your own game. That's the secret of success.

My Notes

Day 5

THE WORLD AS YOUR MIRROR

Statement

Your world is what you think it is. The world reflects, as your mirror your attitude towards it. Life is a game in which the world constantly puts the same riddle to its residents: "Guess who I am!" And everyone responds according to his or her ideas: "You're aggressive" or "You're lovely" or: "Funny, friendly, hostile, happy, sad.... " etc. Interestingly, in this quiz everyone is winning! The world agrees and is presented to everyone in the outlook, in which it was ordered. What do you think about your world?

Interpretation

If a person is convinced, that everything good in this world is already sold out, then that person will really encounter empty shelves. If you thinks that for the good commodities, you have to wait on a long line and pay expensive prices, then it will be so. If your expectations are pessimistic and full of doubts, they will come true for sure. If you think that you will encounter an unfriendly circle of people, your feelings will come true.

But if you have an innocent thought, that the world has reserved for you all the best, that too inexplicably, will come true. The one, who 'knows' that everything is possible to achieve, somehow happened to be next to the shelf where the right products were just delivered, as if especially for him.

Suddenly he gets everything for free. And behind him, there is already a long queue of those who believe that real life is getting darker, and the fools are just lucky.

And if the lucky fool ever changes his attitude towards his world, having experienced "realities of life", reality will change and will throw him with to the end of the queue.

My Notes

Day 6

THE BOOMERANG

Statement

Any thoughts you send to the world will come back to you as a boomerang. What happens when you hate something? One reinforces this feeling with the unity of soul and mind. The clear image, reflected in the mirror, fills in the entire layer of the world. Consequently, one will become even more nervous, thus increasing the power of hatred, sending everyone to hell "Oh, go to ..." ... and the mirror returns this boomerang back. You sent and they sent you.

Beware not to broadcast negative thoughts and feelings to the mirror of the world. Inevitably you will get a similar response from the most unexpected direction.... But do know that love is also a boomerang!

Interpretation

The mirror of the world materializes thoughts. For example, if you do not like your appearance, you are looking in the mirror without pleasure. Your whole attention is riveted on the traits that you do not like, and ascertain them. You must understand that you are reflected in the mirror according to your attitude towards yourself.

Set a new your new rule for yourself - not to watch, but to peek in the mirror of the world. Search for the good and ignore the bad things - filter everything through this new rule. Focus on what you want to get. What were you doing before? You used to ascertain the fact: "I do not like myself. I don't like my world.

"And the mirror confirms this fact:" Indeed, it's true "

Now you have another job - to notice only the features that you like, and at the same time to imagine the desired image. From this moment on, you will do only one thing - search and find always new confirmations of the positive changes: things are getting better each day. If you practice this technique regularly, soon you will need only to open your mouth in amazement.

My Notes

Day 7

THE ILLUSION OF THE REFLECTION

Statement

It seems to you that you are in the mercy of circumstances and are unable to change them. Actually this is an illusion - illusion that you can easily destroy if you wish.

You unconsciously move into a closed circle: observing reality-expressing attitude - the mirror fixes the contents of your attitude into reality. This results into a closed feedback circle: the reality is formed as a reflection of how you think and the image is largely determined by the reflection itself. The principle for reality controlling is that you should revert the circle - to watch yourself in the first place and only after that to look in the mirror.

Interpretation

People are tied to the mirror of their attitude - the primitive reaction to reality, just as a primitive attempt to catch the reflection in an effort to change something in it. Now let's try to revert the mirror circle: express attitude - the mirror fixes the content of the attitude into reality - we observe the reality ... What happens?

The primitive and helpless observation of the reflection is discontinued, and a deliberate and intentional observation of the image appears in its place. Instead of being critical to what I saw in the mirror, as I did previously, now I turn back to it and start forming in my mind the image I'd like to see. This is the exit of the mirror labyrinth. The world stops and begins to move the way I want it. When you take control over your attitude to reality, the external intention begins to work, and for it, everything is possible. The only thing you have to do is to transfer your attention onto the image you want, instead to the mirror. In other words, control your thoughts. Do not think what you don't want or try to avoid ... instead think about what you want and remember, there is nothing you cannot be, do... or have!

My Notes

Day 8

THE PINK TWINS

Statement

On Earth there are many haven places where "pink twins" live. If you want to end up there, put your "pink glasses" and ignore the people that will tell you to take them off ... Echoes of Eden life rarely penetrate into our daily lives, so eagerly catching these "pink sun bunnies", keep your attention on them and then you will encounter them more often. You will see the layer of your world will be transformed in a remarkable way.

Interpretation

Have you ever seen rain on a sunny day ...?
Two rainbows in the sky ...?
Have you met twins, dressed in pink ...?

You must understand one simple thing: you yourself, with your attitude, color your world in bright or black tones. If most of your thoughts are related to negative experiences, life will get worse. And vice versa - let the weather be horrible, but if your soul is "singing in the rain" and merrily "splashes in puddles," the layer of your world will be filled with celebration. Similarly heaven and hell don't exist somewhere in other dimensions, but here on our Earth.

For example, prisons exist, but as you're not there, this is not your world. However, it can become yours if you fix your attention on the criminal information. There exist breakdowns, accidents, natural disasters - and they can become part of your reality if you let the news affect your attitude. Purposely fix your attention only on what you want to see in your world, turn your back on everything else, and let it go pass your eyes and ears. Evil will not go away from reality - it will disappear from your layer.

My Notes

Day 9

SIGH OF RELIEF

Statement

Generally Transurfing is not possible without a sufficient level of energy. Usually most of the human energy is directed towards many unrealized plans. The goal activates the energy of intention, but only if it is realized, rather than hanging in space. It is necessary to either dispose part of the potential intentions, or to begin to realize them.

Relax and give yourself more freedom... Make a list of restrictions that suppress you, and throw them away from your shoulders. Reserves from the energy of intention will be immediately freed, which will enable you to move on.

Interpretation

Many people go through life burdened by all sorts of obligations, unfinished works, strict conditions, plans and multiple objectives. Identify and let go of what suppresses you. You can cancel many of those dumbbells without regret. What's the use, when you cannot fulfil them?

For example: I should be better than everyone, I will prove to everyone how much I am worth, I have to win, otherwise I won't respect myself, I can't afford to make mistakes I will quit smoking, I will learn a foreign language and generally, from Monday I will start a new life, and so on... Anything, which is infinitely postponed, like the above examples, is useless load.

You need to either achieve it or throw it away because it takes your energy and wasting energy in vain is just silly. Or maybe you carry some great weight, of which you wanted to get rid, but cannot decide? Imagine how light you will feel, when you throw it away. Try it... today!

My Notes

Day 10

THE RELIEF

Statement

You can get everything you want to have, if you believe that it's yours without any terms and conditions. Your choice is a law, subject to unconditional execution. Freedom of choice - the determination to have - is formed by the energy of intention. If excessive potentials of internal and external importance consume a significant part of your energy, the intention has no power. To reduce the importance of the things, you need to act consciously and realize to what you attribute too much importance, and what are the consequences of this. Excess potential energy is dissipated in the action. Turn your thoughts to the target slide and confidently move towards the target - this is your action.

Interpretation

How not to be afraid? By adopting confidence, and finding alternative ways. How not to be worried and anxious? By keeping busy. Potentials of worry and anxiety are dissolved when you keep busy. How not to expect and not to want? By already accepting the defeat and moving on. Dissolve the desire and expectation into action.

How to quit your significance? Accept it as an axiom and quit activities aimed at raising it. How not to feel annoyed? By playing with the pendulum, violating the rules of its game. By reacting inadequately, you violate its rhythm and it remains empty-handed.

How to get rid of guilt? You stop justifying yourself.

How to deal with resentment and indignation? You stop fighting and instead start moving downstream the flow of options.

What to do if it is not possible to deal with resentment and indignation? Just allow yourself this weakness. Don't force yourself to always win. And finally - how not to bend under the weight of problems? Follow the principle of coordination of intention. So instead of struggling with surplus potential, it is necessary to act within the pure intention. It is purified in the process of motion.

My Notes

Day 11

CONFIDENCE

Statement

To get confidence, you should quit it. The nature of uncertainty lies in the increased importance of things. Say, "I do not need confidence to support me, because when I don't have importance, I have nothing to defend and conquer. There is nothing to fear and nothing to worry. When nothing has excessively important meaning, the layer of my world is clean and transparent.

I give up the fight and move downstream the variants. I'm empty and therefore nothing can be taken away from me. I don't need to fight. I just go on with confidence, and get what belongs to me. This is not wavering confidence but calm and conscious coordination.

Interpretation

Uncertainty creates a vicious circle. The higher the importance of the purpose and desire to achieve it, the greater the uncertainty. The stronger the grip of control over us and over situations, the stronger the rigidity. The greater the worry and anxiety are, the sooner they are justified. Fighting for one's own significance takes energy.

The sense of guilt turns life into wretched existence of a failed person.
How to get out of this confusing labyrinth?

You don't get out - there's no exit. The secret of the labyrinth is that its walls will collapse when you stop searching for an exit and when you reduce the importance of things. Give up the fight for your own importance and you will receive it unconditionally.

Stop justifying yourself to others and you will be done with guilt. Similarly, if you reduce the importance of external objects, they will cease to dominate you with their significance. And finally, you will achieve full coordination, when your soul and mind are united.

For this purpose you need to listen to your heart and to live according to its credo...

My Notes

Day 12

THE EQUILIBRIUM

Statement

When you are in harmonious balance with the outside world, your life flows gently and pleasantly. You reach your goals without much effort. But if you build a wall of excessive potentials, life becomes a struggle with the balancing forces. When confronted to a problematic situation, try to determine where you put too much of something, what you are stuck in, and to what you attribute excessive importance.

Define your importance, and then quit it. The wall will collapse, the obstacles will disappear, and the problem will be solved. Do not try to overcome the obstacles - decrease the importance.

Interpretation

Everything in the world seeks balance. When there is excessive energy potential, balancing forces appear, directed to its removal. When you attribute excessive importance to something, you get a result, exactly opposite to your intent.

For example, when you are unhappy with yourself, you are in conflict with your soul, and balancing forces make you struggle with your flaws and try to hide them, thus they become more obvious. If you are unhappy with the world, you enter into a confrontation with many pendulums. The effect of the balancing forces will be directed to pull your reins and to tuck you away to some distant place.

When you lower the importance, do not overdo it. Reducing the external significance has nothing to do with ignorance and underestimation. You should have a simpler attitude towards life. Do not ignore it, but do not decorate it too. Take the world as it is. Reduction of internal importance has nothing to do with humility and humiliation. Do not exalt and do not humiliate your merits and shortcomings. Allow yourself the luxury of being you.

My Notes

Day 13

THE SOUL ATTRACTIVENESS

Statement

What is the secret of attractive people? They have thrown out of their heads the negative slides and have placed there positive ones. The attractiveness is the unity of soul and mind. An attractive person is in a state of celebration of the soul, enjoys life and loves the self, without a hint of egotism. Such people are few, but you can join them and increase the number. It is therefore necessary to turn yourself towards your soul, to love yourself and to take the road towards your goal. This will change not only your personal qualities, but you will become physically attractive, your face - more sympathetic, and your smile - charming.

Interpretation

The secret of attractiveness lies in the unity between soul and mind. When one is pleased with oneself, when (s) he loves himself/ herself, an inner light springs out of that person - (s) he lives according to his/ her credo. This is the thing that is often lacked by people that's why they are so attracted to such a person like moths to light.

On the energy plan attractiveness manifests itself as a pure broadcasting of unity between the soul and mind. As you exercise your power, you develop in yourself unusual ability to influence people and induce sympathy in them.

One with excess free energy provokes interest and goodwill in others. If you still find it hard to love unconditionally, state the following thought-form often: ... "I am filled with power. I have a powerful energy and every day it becomes more powerful. I glow with the energy of love and charm. I am a pure energy source. People feel my energy and feel sympathy for me."

When you see that people really sympathize with you, be sure to note for yourself that the technique actually works. This is necessary for the mind, because it always has doubts: 'Am I capable of that?'

My Notes

Day 14

LOVING YOURSELF

Statement

If you do not love yourself, no one will love you. What's more - you'll never be happy. Any conflict between the soul and mind negatively affects your appearance and character. Accordingly, the layer of your world becomes coloured in increasingly dark shades. Above all you need to love yourself, and just then to note the qualities of others. You need to understand and feel the facts: the pendulums force you to change yourself - to turn your back to your soul and obey the rule: "They're better than you, so do as they do, look like them, sit in the matrix, be a cog." Actually you are unique. Turn to yourself, accept yourself as you are, and embrace your right to be as you are. Then you will have reason to be proud of yourself and to respect yourself.

Interpretation

If a person has come far in pursuit of standards of others, it will be difficult to love himself/ herself just like that. "How can I love myself when I do not like myself!" This is a pure unnecessary potential born from increased internal and external importance.

The external importance is in the fact that you think of the standard established by someone else, as of perfection. Don't we appreciate too high the dignities of others? The internal significance - forcing myself to follow foreign standards. And who said I am worse than others? Is my self-esteem low? ... To love yourself, remove the external importance from the pedestal and cease to worship idols. What prevents you from creating your own standards?

Let others follow them. Throw away the internal importance and relax. Allow yourself the luxury to have shortcomings, shift the focus of attention on your qualities.

My Notes

Day 15

MY GOAL IS ... "ME"

Statement

If you are rejected or suffer from unshared love, or are looking for love, you need to start loving yourself. If you still are not able to love yourself as you are, start working on yourself, on your self-improvement.

Subscribe to a fitness club. Start learning a foreign language. Try to dress in a new way, not as usual. Make a magic tattoo. Buy a magic talisman - necklace or ring.

When paying attention to yourself, you get a new sense of life. For now caring for yourself can fully become your goal, if you haven't found another one. It is a really worthy goal and it will bring success and prosperity to you. You are worthy of all the best.

Interpretation

We are designed in such a way, that we are pleased with ourselves only if others appreciate us and we love ourselves only if others love us. But the world is a mirror. Where would the reflection get love from, if the very image does not have it? The result again, is closed mirror circle ... How to get out of it?

Very simple. First, as we know, we always love those we care about. So we need to pay more attention to ourselves, to care for and spend time with ourselves. Second, love is like a boomerang - if you send it in the world, it is returned to you. You can get love, if instead of fear, distrust and disapproval you radiate love. The reflection will start walking towards you only if you make the first move.

Feedback creation is created: I send love to the world - It reflects back to me - My world answers with the same - I am loved - So I am pleased with myself and begin to love myself.

My Notes

Day 16

FAITH

Statement

As was said long ago and numerous times: "According to your faith you will be rewarded." That is so indeed ... But how to start believing?

It's useless to negotiate or persuade yourself.

Take on one specific job: managing reality according to the principles of Transurfing and visualization of the target slide. Apply the principles into practice and see what will happen. The external intention will open the doors to a world where the impossible becomes possible. When the mind is facing facts, will free the incredible from the template of its perception of the world, and will allow the miracle to happen. When you see that Transurfing works, you will not need faith - you will have Knowledge.

Interpretation

Transurfing gives you the map and the rules of the game. What you will do with them - you decide. You are the King (Queen) of your world. Resist the influence of others. Believe in yourself. Do not rely on decisions made by others. You know everything and you have the skills to do everything. But even now, that you have the Knowledge, you are not insured against errors. Real success grows from the ashes of your failures.

So, if you fail, rejoice - you're on the road to success. Sometimes you feel that circumstances are against you. But how do you know exactly which path leads to your goal? Guardians of ancient Knowledge have discovered Transurfing not for the sake of making you believe in the reality of metaphysics, but to inspire your hope. Where there is faith, there is hope, and hope is needed in order to take action towards your goal.

Take action and you will see that what seemed unlikely to happen, get realized. When hope finished its part, awareness will take its place. Just then, you will say: I do not want, I don't believe and I don't hope - I intend and I know !

My Notes

Day 17

GUILT

Statement

Guilt necessarily gives birth to the punishment scenario, and this happens without your mind being aware of it. That is how the template of human worldview is designed: offence must be followed by punishment.

If you notice in yourself even the slightest manifestation of guilt, hurry to get rid of this useless burden, in order to avoid it embittering your life. Live in accordance with your beliefs and you will have no guilt. No one would dare to condemn you if you do not feel guilty.

Freed from guilt, you will never encounter a situation in which someone will threaten you with violence. No guilt - and therefore no punishment.

Interpretation

If you fail to get rid of the guilt complex, you have to stop with the excuses.

If you previously had a habit to apologize for this and that, now create another habit: explain your action only if this is actually necessary. No need to convince yourself that you are not obliged to anyone for anything. Let your sense of duty remain, but externally you should not display it.

When others do not receive the previous benefits from you, the manipulators will gradually leave you alone. Meanwhile, little by little, your soul and mind will get used to the freedom of you not making excuses, and your guilt will simply cease to exist. Consequently, there will be much fewer occasions for "redemption".

In this way, using the feedback circuit, the external shape will little by little bring order to the internal content - guilt will disappear, and after it - the corresponding problems.

My Notes

Day 18

IMPORTANCE

Statement

When a person is feeling inferior in some way and generally seeks to increase his/ her importance, everything becomes reversed. The more you try to emphasize it, the more it decreases. And vice versa - someone who does not pay attention to his/ her own significance possesses it unconditionally. The feeling of own importance is a too cunning excess of potential. Balancing forces will do anything to get you down from the pedestal. And by quitting your significance, you will receive it. At the same time never hurt the feelings of significance of others.

Let it become taboo for you. This will avoid many problems and troubles the causes of which you cannot understand.

Interpretation

The aspiration to strengthen your position to emphasize your qualities is an illusion, chasing the reflection across mirror circle. But how to ensure your worth, without the need to prove it? ... There exist the chain of feedback, in which the consequence removes the cause.

You have to consciously reorient your intention: instead of rushing to show what and who you are, you need to stop all attempts to increase your importance. If one does this, others intuitively feel that the importance of that person needs no confirmation. And as so, they start to be treated with greater sympathy and respect.

Consequently, soul and mind are gradually overwhelmed by the conviction that "I am actually worth something." At some point the mirror circle stops, then turns and begins to move in the opposite direction. As a result, self-esteem increases - and inferiority complex disappears as if it never existed.

My Notes

Day 19

CREDO OF A CREATOR

Statement

Always be yourself, do not betray yourself under any circumstances, live in accordance with your beliefs. Breaking it or even worse - not having it, would destroy you as a person, and your life would be miserable. When the image is wrong, the reflection in the mirror is crooked too.

It is necessary to bring your thoughts and deeds under one denominator - do not lie to yourself, and there would be no annoying distortions in the dual mirror. You are the creator of your reality and you have nothing to be ashamed of or afraid of. Remember: you are not alone, Strength is with you and your world cares for you.

Interpretation

When you live according to your credo, soul and mind merge into unity. So you do as you consider appropriately, without complying with public opinion. You should never betray yourself. If you need to do something to which the soul actively resists, everything goes to hell. And on the contrary, when you live according to your credo, even if some of your actions are contrary to common sense, eventually all ends well.

There is no need to analyse how exactly the credo fixes reality. Just the lack of distortions in the image brings reflection to norm. The unity between the soul and mind forms a clear image that is immediately materialized by the mirror of the world. All your real desires will be fulfilled.

This is law.

My Notes

Day 20

YOUR WAY

Statement

It makes no sense to take on a way "without heart." Following it you will receive complete mismatch between the soul and mind. You feel the inner discomfort, uncertainty and anxiety. On the one hand, you think you do everything right and on the other hand, your subconscious says that this not true at all.

And if the way "has heart", you will immediately feel it. When you walk on it, an incomparable feeling arises: everything will be, as I want it - the typical quiet confidence. Search for your way, on which the soul rejoices, and the mind happily rubs hands. You will surely find it if you wish.

Interpretation

When you start living for yourself and doing whatever you like, everything else in the world will come towards you in order to meet you. Everything is very simple: when the soul and mind are in unity, the rest is ordered automatically.

But if there's no unity, for example, when the soul prays and the mind is afraid, then you should act carefully and cautiously. Listen to your heart, but remember that you live in a material world that cannot immediately respond to your wishes.

Of course it is easy to leave your hated work, but if you are afraid to remain without means of subsistence, better you don't rely on this.

Through the technique of slides you can find whatever job you want in another city or even another country, but without a secure support you will hardly be able to safely apply this technique. Never burn the bridges behind you.

My Notes

Day 21

VERDICT OF A CREATOR

Statement

All your life you were told what you should be, how you should act, what to honour, what to strive for. Now get your legal right to create your own canons. You decide what is right and what is less right for you, since you yourself form the layer of your world. You have the right to define as proper what others see as wrong, if it does not harm anyone. Using the privilege to establish an own verdict you live according to your credo. The right to pronounce the verdict of the Creator is freedom from depressing circumstances, from all that obscures your life and creates obstacles to your goals. It will help you get a calm confidence.

Interpretation

In our lives as human beings – we have as many opinions as many are the people. Some state "black", others - "white".

Whom to believe? Well, remember - the world is a mirror, it agrees with everyone who dares to utter his/ her verdict. But you are not a mirror! You are either the one who accepts the verdicts of others, or you are a Creator who pronounces his/ her own verdicts. So that eliminates the question, what truth to believe in and what side to take - "black" or "white". Now you can determine your truth by yourself: I decided so because I am the Creator of my reality. And this will work, because of the space of variations and the dual mirror - everything that is needed to realize your plans. There is only one condition - you really need to have the courage to take advantage of your right. If you have doubts or remorse, then the verdict will you lose power and you turn from lawmaker into trial. If you doubt, then you will act improperly in any case. The thing is not whether you think and do the right things but whether you are confident in your rightness. Just you shouldn't allow the will of the Creator to become dictates of reason.

The verdict is effective only if the soul and mind are united.

Whoever does not obey the voice of his/ her heart, (s) he doesn't make creations but makes mistakes instead.

My Notes

Day 22

DECLARATION OF INTENT

Statement

To effectively manage the reality, you need to strive to control your thoughts, to not let them entirely free. Initially this will strain you a little, but later it will become a habit. Don't just swim in the amorphous jelly of uncontrollable thoughts. Declare your intention - concentrate on the target. This does not mean you have to constantly be on guard. Let your thoughts drift at will, but do it intentionally, following the principle - if my mind wanders, it's just because I let it do so. And then intentionally go back to the state of concentration.

Interpretation

Usually the "thought mixer" works on it's own. Ideas are born and fade away uncontrolled. Thoughts jump from one topic to another. The mind is "stamping feet" as a child... But what's the point?

If you want to form your reality quickly and efficiently learn to, from time to time, throughout the day to use thought-forms, it is guiding principle for everything you want to achieve. (Preferably keep the main goal always in the background.) By pronouncing the declaration, you fix the vector of intention. For example it's worth creating the habit to spend a few minutes a day for pronouncing the following thought -form:

"My mind contains a self-development program. My brain is developing and improving, creating new connections between the hemispheres. Both hemispheres work precisely, in a coordinated and synchronous manner. Genius ideas come to my mind. I think outside the box. The reserves of my brain are also in. My brain is ninety percent active. My intellect is powerful and is becoming more powerful every day. I easily solve any kind of problems. My mind is clear. For me everything is clear and simple. I understand everything clearly and clearly state it. "

You can create several similar statements and repeat them at specific time in the day - such as after a shower, gym, etc. Imagine - all this will be realized!

My Notes

Day 23

THE DETERMINATION TO ACT

Statement

If you want something, do not waste energy hesitating. Just go and get what is yours, as if you received notification for a parcel delivered in your name.

Don't contemplate over things, but use your intention instead. If at any time you need a bus, parking, purchase, a certificate, examination, interview, meeting - whatever - do not think, just go and get it. Quit experiences such as: is it possible... how, how come, etc. Cast away the anxiety, desire and hope, ... leave only the calm confidence. Feel the state of getting what is yours, without any conditions and reflections.

For example, I do not think whether I will be able to catch the bus, how long I should wait for it ... I just go to the bus-station and I know that the bus will be there soon. Let this condition accompany you everywhere.

Interpretation

Usually when a sudden desire appears, your mind starts analyzing: will it happen, or it won't?

Get rid of this harmful habit ...

Desires don't get fulfilled, dreams don't come true, only pure intention gets realized. Realization is reached not through the desire itself but through the aspiration for the desire. Intention is not diligence but calm dedication and determination. If in doubt or fear, the world will reflect like a mirror that condition of yours and as a result nothing will come out of this.

Whatever you do - do it with confidence. Your chances of success increase many times if there is no hesitation. What do you lose when you give up the doubts? If it happens - fine, if not - it's not a big deal. The coordination of intention will support you in this: if you accept the seemingly negative event as a positive one, then it will happen exactly in that way. When you consciously control your determination to act, you can be sure that you manage your success.

Day 24

THE DETERMINATION TO HAVE

Statement

When in your thoughts there is not even a shadow of doubt, desire and fear, but only calm determination to have, the impossible becomes possible. You can take exams without knowing the subject, you can easily pass through the most complicated discussions, conclude an extremely good bargain, win a hopeless trial, and have what you haven't even dared to dream. Give up your desire to achieve the goal. Act dispassionately as a samurai who lives, as if he already managed to die. Accept the defeat in advance, but think as if the goal is already in your pocket. Give up hope, which is destiny and salvation for the weak only. Leave only your readiness to receive what you have planned. You want it, right? Then there's no problem - you will have it!

Interpretation

Desire means focus on the objective itself. Internal intention focuses on the process of movement towards the target. External intention focuses attention on the goal, as if already achieved.

With the internal intention, the purpose is achieved in the physical world, and using the external intention - choice is made from within the space of variations. The internal intention is trying to influence directly the outside world - hard work, and the external one, allows the object of attention to be realized according to the intention, by choosing the desired outcome - effortless.

Unconditional, unquestioning faith in success, turns on the mechanism of external intention. Usually the mind wants, while the soul resists or the soul wants, but the mind does not allow it, and as a result of this is a vague and blurry mirror image of the world. And when the soul and mind are united in their aspirations, a clear image appears, immediately materialized by the mirror from within the space of variations.

Decide to have what you intended, there's nothing to lose. Your possibilities are only limited by your own intention.

My Notes

Day 25

CLEANING YOUR LAYER OF THE WORLD

Statement

When you get an oppressive sense of emptiness, put in order your home or workplace. Rearrange your furniture and throw away old and useless things, the rubbish, and carefully and arrange the items useful and dear to you. You will feel a burst of energy and joy for life.

Similarly, it is necessary to decisively and firmly discard all the negative thoughts so that your world doesn't get infected by them. Fear, anxiety, doubt, bad expectations, resentment, judgment, hostility, guilt and inferiority – you should throw all this useless rubbish away of your layer of the world.

Interpretation

The best cure for depression is - creative activity, the results of which won't make you wait for a long time. In the process of creating something - no matter what - the soul will regain the lost taste of life. Particularly effective is the simplest house cleaning and disposal of garbage. Similarly, you can clean your entire world. With their actions and thoughts people create layers of their world and live in it. And the way you think, plays a crucial role. Your world is just as you imagine it.

If you think this is an aggressive, hostile world, so shall it be - for you. If you believe that in this world, all goods are produced only by hard work, inevitably you'll have to do a lot of hard working.

Do you think that wealth and success are companions to chosen ones only, you will always stand at the end of the tail. The more negative thoughts you have in your head, the grimmer the reality is. By getting rid of the negative garbage, you will be surprised to find that reality begins to have warm and cozy colors.

My Notes

Day 26

THE WAVE OF SUCCESS

Statement

Sometimes you feel elated and inspired, but then you sink into daily routine again. How to keep the state of celebration?
Above all you should remember about it. You need to keep in yourself the celebration fire, to cherish this feeling... to watch your life change for the better, to grasp at straws of joy, to look for positive signs in everything.

It is necessary to remember that every minute that you practice transurfing, you consciously approach your dream, and therefore the control of your destiny. This alone will instill calm, confidence and joy, therefore, the celebration is always with you. When your feeling for a holiday becomes a habit, then you will be constantly on the crest of a wave of success.

Interpretation

Enjoy everything you have now.

This is not an empty call to be happy Sometimes circumstances are such that it is very difficult to be happy. But from a purely practical point of view to express discontent is quite unfavorable. Do not let bad news in your heart and life. Turn your back to the bad news and open yourself for the good ones. It is necessary to note and carefully keep the smallest positive changes.

When you are on good terms with yourself and with the world around you, a field of harmonic oscillations is created around you, where everything goes well for you. Positive attitude always leads to success and creativity.

My Notes

Day 27

IN PURSUIT OF THE REFLECTION

Statement

What people do when they see that their desires don't get realized?
The mind is usually unsuccessfully trying to influence the reflection in the mirror while it is necessary to change the image itself. The image contains the direction and the nature of thought.

The situation is quite ridiculous: facing a mirror, a man tries to catch the reflection with hands and to do something with it. You need to look way from the mirror and quit the narrow-minded intention to turn the world in the direction suitable for you. Now, if you yourself deliberately send to the world your thought-forms and despite of the nature of the situation, you keep expressing a positive attitude, everything will happen as you want.

Interpretation

You must make an inventory of your thoughts and then throw out all negative words. Dissatisfaction, reluctance, rejection, disapproval, hatred, disbelief in success, etc. – bundle it all into a garbage bag and throw it into the trash. Your thoughts should be focused on what you want and what you like. Then the mirror will reflect only pleasant things. On the other hand, be prepared that for some time no changes will occur in the layers of your world. Or rather – as if in defiance to your intentions, all kind of troubles will attack you. So what? These are temporary inconveniences related to "moving" at a new level in relation to reality. Because you know that the mirror is working with delay, you can hold your course despite everything. Wait quietly while nothing happens. Just as in a fairy tale: "If you look at your reflection - you will be petrified." Let the mirror show the devil knows what, but know: it will sooner or later reflect the image that you create in your mind.

Your only statement is: If I resist the temptation to look in the mirror, and if I firmly stand my position, my reality will get formed in the mirror. Everything will happen as I want it to happen.

My Notes

Day 28

THE IMAGE FORMATION

Statement

To fix the thought-form in the material reality, it is necessary to reproduce it systemically. You may not believe that everything is so simple. Simple, routine work and no imagination.

This is the actual work, but people in general lack enough patience. They enthusiastically lit on an idea, and then quickly cool down. But to accomplish what you've planned, the target slide must be repeated in our thoughts for long enough time.

No miracles – there are just specific things to be done in order to manage reality.

Interpretation

If the mind is not contrary to the dictates of the heart, an incredible power occurs - external intention, which materializes the sector of space of variations, corresponding to the way of thinking. In the unity of soul and mind, the image acquires clear contours, and that's why it gets immediately realized. Literally, the world agrees with what you think about it.

But why usually our worst expectations get realized, and our hopes and dreams don't come true? In life, it often happens that the soul seeks but the mind has doubts and does not allow, or vice versa – the mind brings convincing arguments, but the heart remains unmoved. When the unity is broken, the image is blurred – as if divided into two: the soul is willing one thing, and the mind states something different. And in one only thing, they are merged unconditionally - in hatred and fear.

What to do?

Material realization is as inert as resin. This castle can be conquered with a long siege. If you really want to achieve your goal, you need to regularly practice visualization of the slide.

My Notes

Day 29

WORLD, GIVE YOURSELF TO ME

Statement

When you want something from the world, do not force it to give it to you. What will get reflected by the mirror, if a capricious child jumps in front of it: "I want it! Give it to me! "?

The principle is very simple: if you want the reflection in the mirror of the world to go towards you, take the first step. Quit your intention to receive and replace it with the intention to give - then you will receive that which you quitted.

Interpretation

Want to get recognition and respect from someone? Do not insist on this. You have to respect the other person, so that he/ she start feeling important in your eyes.

Need sympathy and gratitude? Do not search for them. Be sincerely concerned and involved in the problems of the others.

You strive to receive sympathy? You will not get it because of your beautiful eyes. You yourself should show sympathy for someone, and then you will become sympathetic to that person too.

Need help and support? You should help others too. This will increase your significance and the other people wouldn't want to be less significant than you, and will show gratitude to you.

Finally, you want a mutual love? Give up the right of ownership and the relationship based on dependency. This will happen if you just love, without relying on getting something. Such love is very rare, no one can resist before it. In all these cases, you will surely get that which you quit wanting.

My Notes

Day 30

I GIVE MYSELF TO YOU, WORLD

Declaration

Usually a person is wholly absorbed in thoughts of what (s)he wants to get from the others, but doesn't try to understand what they want. When you switch your attention to the desires and motives of other people, you will easily get what you want. For this purpose, you only to have to define what is the direction of the internal intention of a partner.

Whenever you need to get something from someone else, to win his/ her sympathy , or make him/ her do something, ask yourself: what does (s)he want, what moves this person, for what does (s)he care about? Direct your actions towards realization of the intentions of the partner and (s)he will gladly pay you back.

Interpretation

Anyway, all problems are born from contradiction between the internal intentions of people. One wants something from the other, guided by his/ her own interests. In turn, the other thinks otherwise and wants to achieve his/ her objectives. Use the inner intention of people to achieve your own goals.

The core of the internal intention is the sense of self-importance of the person. After their own life, people value most of all the feeling of significance. Transfer your attention from yourself, to the people. Stop playing the game of increasing your own significance. Play the game of increasing the significance of others.

To draw attention to you, it is enough to be interested in others. Talk to people not about what interests you, but what interests them, including themselves. Your partner is least interested in your qualities and flaws. First of all he/ she likes the feeling of self-importance that he/ she receives from communicating with you.

How to make someone do something? Give the person a task related to increasing his/ her significance and the person will want to do it.

My Notes

Day 31

THE MUSSEL RESPONSE

Statement

When there is an occasion, one readily expresses his/ her attitude in the form of discontent, but the nice things get accepted almost indifferently, as if so it should be. We do this unconsciously, reacting as mussels, by the habit. Now, rise up a step above the mussel, wake up and use the advantage to express your attitude consciously: "With my intention, I choose the colors of my reality. Regardless of the circumstances I tune myself big time. I do it consciously, not as a primitive reaction to external stimulus" ... By managing your thoughts, you control reality. Otherwise it controls you.

Interpretation

Tendency to negativism constantly forms new unattractive features in the mirror. The individual layers of the world turn into dark tones and are filled with unpleasant events for its owner. When someone is despondent, respectively, the clouds in the mirror thicken. And if that person gets into aggressive mood, the world immediately bristles in response.

Note: when you quarrel with someone or sharply express your discontent, other unpleasant things are sure to follow. And the more upset you become, the more consistently new troubles will occur - everyone around will begin to annoy you. It is about what you think. Whether you like the reflection or not, it is as if you're thinking: "Oh, go away" or "How tired I am". Only the content of your thoughts is relevant.

Everything compliant with the content of the image begins to dominate in the reflection. But when you take under control the feelings that keep you attached to the reflection, you are freed from the mirror. You should not suppress your emotions - they are only a consequence of the attitude. You need to change the attitude itself - the way you react to reality and perceive it.

When you get the freedom, you will also get the ability to form the reflection you need.

My Notes

Day 32

THE INTENTION OF THE CREATOR

Statement

When according to your own will, you announce every event, or circumstance as a favorable one from which you benefit, this is not a reliance on the goodwill of the world that cares for you because it loves you. This is not a confidence that can be shaken by circumstances at any moment. This is not conceit, based on blind faith in success. And this is not even optimism as a trait of character. This is the intention of The Creator. You, yourself form the layer of your world - you create your reality. You are the Creator of Your Reality, when you are able to "move" and at the same time give freedom of movement to the world too.

Interpretation

The Creator is more an observer than an active agent. What distinguishes his intention is not obedience, but allowance. Looking in the mirror, you should move not the reflection but the image itself - the attitude and direction of your thoughts. In other words, to "move yourself" rather than trying to capture the reflection.

If you think that the intention means a decisive attitude to request from the world what you allegedly have the right to have, you will get nothing. And if you ask the world to give you what you want, you will get nothing again. All you need to do, is to give your order and allow the world to do it. Usually, you simply do not allow the world to do it, and you pray, you are afraid and you are in doubt. In this case, the world also wants something - it prays, it fears and is in doubt, absolutely flawlessly reflecting your attitude, because it is a mirror.

You need to feel it. Let the world at will; allow it to do the work for you, starting from now on. This is a tentative and ephemeral attitude, it passes quickly, but you must catch it. Imagine for a moment something amazing: the hostile, problematic, difficult and uncomfortable world suddenly becomes happy and comfortable for you. You let it be so. You decide. The secret of power lies in releasing your grip.

My Notes

Day 33

THE RULES OF THE PENDULUM

Statement

The rule of the pendulum is, "Do as I do." That means: change yourself, betray yourself and follow the conventional stereotypes. In an effort to meet the standard of other people's success, one loses himself and is deeply unhappy because it is simply impossible to meet all standards, and it is not necessary to do so. Do not be afraid to break the rule of the pendulum. You alone establish your standards.

Whoever violates the rule of the pendulum, becomes either a leader or a maverick. Some become stars, others are rejected by society. The difference between the former and the other is that the former are convinced that they have every right to violate the rule of the pendulum, while the second group is not sure of this. Get hold of your rights !!!

Interpretation

The rule of the pendulum sets standards of behavior and thinking, i.e. standards of "normality." One never understands that (s)he was offered a fake imitation of success. The success of others can never serve as an example for a role model. True success is achieved only by those who dare to violate the rule and go on their own way. Walking other people's steps, one is doomed forever to catch the setting sun. Standards for success are a mirage, but one does not know or does not want to know that the rule of the pendulum keeps him/ her in the web of illusions.

Illusion is often sweeter, more comfortable, more understandable than the unknown reality. But if you already have a certain position in the Pendulum structure, you should not confront it, it's not about getting completely rid of all the pendulums - this is hardly possible. The main thing is not to be a puppet and to act consciously, to use the structure to your own interest.

Strive to establish new rules of your own, without breaking the old rules of the structure.

My Notes

Day 34

THE RULES OF TRANSURFING

Statement

Decline the pendulum rule - "do as I do", and replace it with the transurfing rule: "Allow yourself to be yourself, and allow the others to be themselves."

Allowing yourself to be yourself means to accept yourself with all your imperfections. To allow the others to be themselves, means to free them the projections of your expectations.

This universal rule allows you to have inner freedom and to throw out of your life a mass of various problems.

Interpretation

Do not think about why the transurfing rule works. Just follow it.

Whenever you encounter a problem situation, ask yourself: what should I do in order to follow the Transurfing rules?

This will allow you to solve many issues at once: to find internal support (credo), to get rid of complexes of guilt and inferiority, to feel confident, to avoid many conflicts and disappointments, to fix the tangled interpersonal conflicts, and finally to find your way.

The rule of transurfing is the dignity of the kings.

My Notes

Day 35

REDUCING THE IMPORTANCE

Statement

All non-balanced reactions and emotions - resentment, dissatisfaction, frustration, anxiety, agitation, depression, confusion, despair, fear, pity, affection, desire, tenderness, idealization, worship, admiration, disappointment, pride, arrogance, contempt, disgust, offense and so on - are the result of the increased importance of things.

Pendulums fasten you with these strings and you become a puppet. To reduce the importance doesn't mean to fight with your feelings and to try to suppress them. You must remove the cause - your attitude. You need to realize that importance will bring you nothing but problems, and then intentionally decrease it.

Interpretation

Problems as such do not exist - there exists only artificially increased importance of things. When one realizes this illusive nature of the problems, one can consciously reduce the importance of everything that does not give rest to him/ her. Note: Not to underestimate it but to reduce the importance. To look at the game from aside, in a sober and impartial manner.

Once reducing the importance, you will immediately enter a balanced state, and the pendulum will not be able to establish control over you, simply because there is nothing to be trapped. This does not mean that we should become a graven image. Feelings and emotions are born from the attitude, that's why you have to change it. Feelings and emotions are a consequence. And the reason is one - the importance. Suppose that one of my close people, have died or have a wedding or an important event. Is that important to me? No. Am I indifferent? Also no. Do you get the difference?

The strong deviation towards the external significance gives birth to fanatics, and the deviation towards the internal importance - to idiots.

My Notes

Day 36

STOP THE FIGHT

Statement

The world as a mirror reflects your attitude towards it. When you are not satisfied with it, it turns its back towards you. When you fight it, it fights you back. When you stop fighting, the world comes towards you. If you just allow yourself to have that which you have in mind, external intention will find a way to give it to you.

And then one day something will happen that others will call a miracle. You desperately want to achieve your goal, aren't you? Stop wishing, you'll anyway get what is yours. Just think that you are taking what is yours. Take it easy, without wanting or insisting: "I want it, so where is the problem? That means that I will have it..."

Interpretation

Pendulums enforce a completely different scenario onto you, forcing you to fight to achieve your goals. To do this, you must declare war to yourself and the world. Pendulums suggest to you that you are not perfect, so you will not achieve your goal until you change yourself. And when you change yourself, you need to engage in the battle for a place under the sun.

This whole scenario pursues a single goal - to take energy out of you and to push you into the matrix. Struggling with yourself, you give energy to the pendulum. Struggling with the world, you do the same. Nobody can force you to fight. But you have no other choice until you are filled with internal and external importance. If you are unable to get something and to afford to have it now, postpone it for later. But postponement leads to each moment in life being seen as a preparation for a better future. One is always dissatisfied with the present and is comforted by the hope for near future improvement. In this respect, the future never comes and constantly looms elsewhere. With the same success you can try to catch a sunset. Allow yourself have it here and now.

My Notes

Day 37

COORDINATION OF INTENTION

Statement

If you decide to accept a seemingly negative event as a positive one, then it will be exactly like this ...

Remember: no matter how bad the situation is now, a very pleasant surprise is waiting for you, provided that at this moment you keep the coordination. In any difficult situation you can tell yourself: if it happens - good, if it does not - even better. Because you know that your world cares about you and if something happens, then you avoided other unknown problems. In this relaxed mood go to a date with destiny, the one that you create yourself. "From now on, whatever happens, everything is as it should be!"

Interpretation

Human life, as well as any other motion of matter, is a chain of cause and effect. In the space of variations effect is always located close to its cause. Just as one follows the other (cause and effect), so the closely located sectors of space variations are arranged in a life line.

Each event on the life line has two branches – one in a favorable and one in an unfavorable direction. Faced with one or other event, you make a choice on how to treat it.

If you look at it as a positive one, you move to the favorable branch of the life line. The inclination to negativity however makes you dissatisfied and makes you choose the negative branch. If something annoys you, a new trouble is to follow. Thus the expression "an evil never comes alone." But the series of troubles does not follow the trouble itself, but your attitude towards it.

Pattern is created by the choices you make at the crossroads. The principle of coordination of intention allows you to always fall on the favorable life line.

My Notes

Day 38

THE WORLD CARES

Statement

Let your guide be the formula: "**My world takes care of me.**" Repeat it at all circumstances, even the most trivial ones, whatever happens - good or bad. When you experience success, be sure to confirm that the world really cares for you. Confirm this with every little thing.

When confronted to annoying circumstances, nevertheless state that it's okay. Your world knows best how to care for you. Things shall be as you see them in the mirror.

Interpretation

If we add gold into the amalgam of the mirror, as did the Venetian masters once, the reflection will get warmer shades. As the world is a mirror, we can tune it the same way - to create our own amalgam.

For example, you can select the following dominant formula: "My world takes care of me." Take it for an axiom. Adjust accordingly your targeted worldviews to the dominant and see how you react to the mirror. Despite its simplicity, the technique of amalgam has power, which you don't even suspect.

If you get the patience to make this technique a habit, after awhile you will be literally amazed how real is the impact of your thoughts on the surrounding reality.

My Notes

Day 39

UP THE STREAM

Statement

At least for a day watch how the mind is trying to row upstream. Something is offered to you, and you refuse. Or someone wants to communicate something and you do not listen. Someone expresses their point of view, and you argue. Someone does something in his/ her own way, and you preach that person. A simple solution is offered to you, and you object. You expect one thing, the result is other and you get frustrated. Someone is bothering you and you get mad. Something is different than your script and you rush with horns ahead, to direct the flow in the 'right' direction.

Change tactics: Move the center of gravity towards monitoring instead of controlling. Do not clap your hands in water. Do not prevent your life from moving downstream and see how much lighter you world will be.

Interpretation

The human mind works as a computer, trying to calculate several moves ahead and to make your action plan. But it rarely succeeds in finding the optimal solution, because the task has too many unknowns, plus that the situation is changing all the time.

The mind stubbornly holds onto its scenario, in other words, keep rowing upstream. Consequently, masses of energy are spent in vain, problems and then, obstacles increase. The mind does not seek to manage its movement onto the flow, but seeks to manage the flow itself. This is one of the main causes of any problems or troubles.

Strive to observe, instead of control. Do not rush to wave your hand in objection, to argue, to prove your viewpoint, to manage and criticize... Give the situation a chance to get fixed, without your active intervention or counteraction. By giving up control, you get more control over the situation. The only control you need to pay attention to, is the control over internal and external importance.

My Notes

Day 40

DOWN THE STREAM

Statement

Establish a balance with the surrounding world and trust the flow of the variants. Release the situation and become its observer rather than a member.

Make it a rule to do everything using the path of less resistance, always choose the effortless way. Before you start solving a problem, ask yourself what is the simplest way to do this?

If something doesn't happen, as expected, release your grip and do an unexpected change in your scenario. You are offered something - do not hurry to quit. You are given an advice - try to consider it. You hear someone else's opinion - do not rush to discuss it. You feel that someone does something wrong - so what? People take the initiative - let them realize their intention. The flow of the variations is a gorgeous gift for the mind.

Interpretation

The mind is constantly developing a plan for further action. The mind believes that is able to calculate everything in the best manner. But the plan already exists in the space of variations. The information structure is organized in chains of causality. They create the stream of variations, which arranges the events simply and optimally.

One is accustomed to overcoming obstacles - to rowing upstream, and this habit makes people seek complex solutions to simple problems. The opposite is true - nature always acts in the way of least resistance and does not waste energy.

If you don't resist the flow of the variations, the solution will come by itself, and it will be the most optimal one, because it is already there and available.

My Notes

Day 41

REMEMBER

Statement

When looking for a way out of a problematic situation, first remember that it occurred because of the increased importance. Unconscious sleep fully conquered you, and happens without your control, simply because you did not realize it was just a dream.

Similarly, while awake - the circumstances will dominate, until you realize that you are immersed in the problem, and not the solution. Stop, release yourself from the spell and remember that reality is a dream that you can manage. And when you wake up, start transurfing your dream.

Interpretation

The main difficulty is to remember on time, that you are entangled in internal or external importance. For this purpose you need a 'Supervisor' - an internal observer who constantly monitors your level of awareness.

Of course, it is very difficult to restrain yourself when you literally want to tear up and throw away things. Like a vampire, the pendulum used a kind of anesthesia - your habit to fall asleep when you react negatively to the irritant. Even now, as you read these lines, you can get distracted and answer an unwanted phone call irritably.

Try several times a day to "wake up" - to look with clear eyes and realize that everything that happens is a dream, but you do not sleep and you are aware of your actions.

The habit to recall is created by systematic practice.

Till awareness becomes a habit for you, the pendulum will try to capture you in every way. Do not get desperate - it will be mainly small troubles. If you do not give up and if you learn to remember, and stay aware, your victory will be impressive, you will see.

My Notes

Day 42

BREAKING THE STEREOTYPE

Statement

If someone tries to convince you that you are required to work for the benefit of something or someone, do not believe that person. If they want to prove to you that everything in this world is achieved by hard work, don't believe them. If they are trying to impose on you a fierce struggle for place under the sun, again do not believe them.

If they want to tell you where your place is, do not believe it. If they try to drag you into a sect or society, where "your contribution to the common cause" is needed, do not believe it. If they tell you that because you were born in poverty, you have to spend your whole life in that way - do not believe it. If they suggest that your opportunities are limited, do not believe it.

Interpretation

From the standpoint of common sense, everything in transurfing is upside down. Actually, the same can be said for the common sense from the standpoint of transurfing.

If you do not want to live like everybody else, if you are not satisfied with average performance, if you want to get everything, "a complete program", in this one and single life, then you are a Stranger.

In transurfing a Stranger is not one chosen by fate - fate is chosen by the Stranger. You'll get everything you want, if you can shake the monolith of your common sense.

People mistakenly believe rational worldview is an inviolable law. But it is false and can be broken. Unexplainable "miracles" happen often in life. Then, why don't you let such a miracle in your life?

You should simply allow yourself to have what your soul wants. If you reject the web of prejudices and restrictions with which the pendulums entangled you, if you sincerely believe you're worthy of your dream, and allow yourself to have what you want with all your soul - then is yours, you will get it.

My Notes

Day 43

VISUALISING THE PROCESS

Statement

Whatever you do, your performance will grow many times, if you not just do your job well but consciously and enthusiastically admire it, constantly finding its perfection.

This is very important!

The principle is as follow: "I do everything in a wonderful way, today I do everything better than yesterday and tomorrow will be better than today."

When you scroll through your target slide in your thoughts, all the circumstances work to achieve the goal, even if you think otherwise, and if at the same time, you visualize the process - the layer of your world flies towards your dream with stunning speed.

Interpretation

Suppose you are working on a project, you are creating something. During the work, and after that imagine how the object of your creation is increasingly refined. Today you have completed the details, and tomorrow you are going to add new touches. Imagine how your creation gets increasingly transformed. You are giving it new features, and in your eyes it becomes a masterpiece. You are glad, you're in love with the creative process.

You need not only to contemplate on your object but also to imagine the process of its growth and optimization. Create and admire...

Do not be ashamed to call yourself a genius. Repeat your thought-form: "Brilliant new ideas are born in my head..." If you work over your body, do it in the same way - take care of it, as mother takes care of her child. Imagine how your body gradually becomes perfect. Take care of it, train it, and imagine how the muscles at some places are increasing while others are becoming lean.

You will be surprised to discover how quickly and effectively the statement of perfection gets actually implemented.

My Notes

Day 44

THE SLIDE

Statement

Usually, people act only within the physical reality, guided by the so-called common sense. This is not effective.

Now you have a great advantage: using the metaphysical properties of reality, you are able to materialize what you intended. In order to fix a thought-form into the material reality, you have to replay it systematically and to play the target slide in your thoughts, i.e. the picture where the goal has been achieved. Unlike the futile dreams, this is a specific job. By doing the job, you will get results.

Interpretation

When you visualize, the layer of your world moves in the sectors of space variations, where the goal is achieved. Do not think how this will happen. You should think of the target slide only.

When the time comes, the external intention will open the door - the real opportunities for which you didn't suspect before, and which would not occur if you had not operated the slide. When you see that this really is approaching, your fears and doubts will disappear by themselves.

Do not watch the slide from aside, as if it is a movie, but live in it, even though virtually. Pretend that everything is happening in reality. Imagine still further details. Do not turn the work with the slide into a burden, just take pleasure in the picture, where the desired goal has been achieved. And, of course, do not overdo if visualization is not very clear. Do everything as it is convenient to you, as it happens to be done. The main thing is - if you work systematically and with pleasure, assume that your goal is in your pocket.

My Notes

Day 45

YOUR WAY TO YOUR GOAL

Statement

Reject the importance of the goal, give up the longing and leave just the determination to have. You should walk towards your goal, just in the way you walk towards your post box, to take your letters. The only thing that could spoil the efforts towards your goal is excessive liability, excessive zeal and fear of defeat.

Scroll the slide in your thought, without plugging scenarios in it. Do not think about the means of achieving the objective. If you focus on the goal, as if already achieved, after some time the external intention will open opportunities before you - will open doors, and then the tools will be available to you.

Interpretation

If your goal seems difficult to access, your entire celebration will be ruined by oppressive doubts and thoughts of possible failure ... How to believe in the impossible, so that it can become possible?

There's no way! You will not succeed to be persuaded or to persuade or to force yourself to believe.

Drop these futile worries and take on something better - replay the target slide in your mind and do not forget to walk towards the goal. Do not bother by fact that the goal is still far on the horizon. It is hard to imagine how it can become yours, but this is not your concern. You are required only to place an order, and leave the rest to the waiter.

When the mind sees the doors open, its doubts will disappear. People who have achieved success, amazing success, later said they would never believe that they are capable of such a thing. Just a tip: do not place your goal on one card, find a second way, a reserve, don't slam the door earlier and don't burn bridges prematurely.

My Notes

Day 46

DOORS

Statement

Your door is the way that will bring you to your goal. Replay the target slide into your thoughts and then the external intention sooner or later will present various options for you - doors.

If you get tired while on the path to the goal, if you lose energy, if you are exhausted, then this is not your door. We can not say that it will be easy for you. But if you feel spiritual uplift and inspiration during your work, you can bravely assume that this is your door. Everything you do with ease, with willingness, has meaning and value.

Every little thing that is typical for you, even though it might have no value within the stereotypes, it could become the key to your door. Try to project some of your characteristic "frivolous" traits onto the serious doors.

Interpretation

Pendulums taught people to do what is necessary, and to believe this is how it should be. People get so accustomed to the necessity that the true inclinations of the soul are forced into the darkest corner of their mind, waiting for better times. But life goes on, and the good times never come.

Happiness constantly looms somewhere in the future. The alleged stereotype says: in order to happen, the future has to be earned, you should work to achieve it. People often give up their favorite activity because of material considerations. Activities are divided into passions and real work that needs to bring income.

Yet even the hobby may generate enough income, if that's your goal.

In this world everything made with soul, is very expensive. The false stereotype of the compulsive necessity, however, does not allow one to dedicate fully to his/ her objective. He/ she is a slave of some not too young person for most of his/ her time in life - allegedly this is necessary to sustain the physical existence. And the soul gets the crumbs left from the main working time.

In this case, one lives for whom?

For that not too young person?

My Notes

Day 47

RELATIONSHIPS OF DEPENDENCE

Statement

If you think the world behaves in a defiant way towards you, think: to which object or property do you attach undue significance? Everything that causes your animosity just happens to you. You are haunted by everything that bothers you. Everything that is extremely undesirable, just happens to you. It happens so because you've caught the world by the throat, but it resists and tries to escape. The more you insist on your wishes and claims, the stronger the magnet, attracting the opposite. Loosen your grip. Let the world at large.

Allow yourself to be yourself and the others to be different. Do not compare yourself to anyone. Do not bind to anything. Take effortlessly and drop effortlessly.

Interpretation

Unnecessary potentials emerge when too much importance is attributed to some qualities and thus bring distortion to the surrounding energy environment. Unnecessary potential is not that scary till the distorted assessment exists on its own, without any relations to anything else. But when the artificially inflated assessment of one object is placed in comparison to another object, polarization occurs, that attracts troubles as a magnet. Relations of dependence between people are created when they compare themselves to others, confront each other and put conditions of the sort "If you do so, then I will..."

That's why troubles enter our lives so insistently and as if on purpose. For instance, married couples seemingly consist of two incompatible personalities, which are made as if as if to punish one other or, at work, there will always be at least one person, who will annoy you. The laws of Murphy are of the same nature.

All conflicts are based on comparing and contrasting.
Make your own conclusions.

Day 48

IN SEARCH FOR LOVE

Statement

No need to search for love, it will find you. To meet your mate, you need to systematically replay the slide in which you imagine your life together with an abstract figure, your perfect match. In a certain moment the door will open - (s) he will appear.

Further on, things are in your hands. You must enter that door, make the first move, putting away all pride and prejudice. Perform this step simply and sincerely, without snobbery and masquerade. Immediacy always corrupts. And another thing: be yourself, in no circumstances betray yourself, live in accordance with your credo. Then no annoying distortions will occur in the dual mirror.

Interpretation

Love slide should contain an abstract personality - an ideal. You should include a specific person only in extreme cases, if you have no other practical chances to achieve mutual feelings. Of course, in general, you can replay a slide in which you are together and love each other. This is a scenario, therefore it exists in the space of variations. But the other person is not a passive object but a living being who actively realizes his/ her intention.

It is possible to achieve something with the slide, but this is unlikely to be very effective because the living person is not sitting stationary in the space of variations, and is constantly moving somewhere. While you make him/ her "replay", (s)he would hurry to find a more "earthly" partner. Moreover, the soul of this person feels that you are thinking about him/ her. And if (s)he doesn't like this, an unconscious disgust towards you may appear.

So better not risk it, and use the principles of freiling - the most effective way. Interpersonal relationships are exactly the case when you need to communicate with the living person and not to fly in clouds and dreams.

Day 49

STOPPING THE PENDULUM

Statement

Be prepared for provocations by the pendulums. When you run into undesirable situation or get bad news, you lose balance. According to the standard scenario you should be worried, scared, with low spirits, you should express dissatisfaction or annoyance.

Do the opposite - respond inadequately, break the script. Replace fear with confidence, sadness with enthusiasm, resentment with indifference, frustration with joy. The game of the pendulum is to get you out of balance. You should deliberately break the rules of this game - do anything but not what you are expected to do. Then you will win.

Interpretation

Pendulums feed with human energy. For example, when you are irritated by something and violently express your indignation, you are giving energy to the pendulum.

Everything that is potentially able to cause strong negative emotions in you, is provoked by the pendulums. When you are in some annoying circumstances and you react with irritation and frustration, immediately a continuation and development of the negative situation follows or new troubles appear.

So the pendulum swings. You yourself are swinging it by accepting the game that was imposed onto you. Do otherwise, either do not react or respond with just the opposite reaction - then you will stop the pendulum. Your task is to force another game, by reacting inadequately.

The principle is as follows: when you swing causing a different resonant frequency, you are in dissonance with the pendulum, so it stops with respect to you and leaves you alone.

My Notes

Day 50

THE FAILURE OF THE PENDULUM

Statement

If you are overwhelmed by the thoughts of what you don't like, that's just what will come into your life. To opt out of the unwanted, you must accept it. This means not to let it in yourself, but to admit the right of its existence and to let it pass indifferently. To accept and to let it go - in other words, to let it pass close to you and to wave good-bye.

Always respond with agreement to the first attack of the pendulum and then depart diplomatically or gently direct your movement to the right direction. Learn not to "get caught" - but instead to ignore what irritates you, then the pendulum will disappear from your life. When there's nothing to catch, it will fail.

Interpretation

Pendulums are lords of dreams. When a person is susceptible to their challenge, (s)he as if falls asleep, since (s)he is entirely within the imposed game - the mind is obsessed by what is happening. If something irritates you, or you reject it sharply, be sure that you are already caught by the game of the pendulum.

The pendulum will immediately find a suitable stimulus for you, and even more than one. And will be swayed till you are kept by maliciousness. To break free, you need to change your attitude towards the stimulus, to focus your attention on something else - to accept the situation and to turn the "tragedy" in "comedy".

Changing your attitude does not mean holding your emotions. To push the emotions deep into you, is the "evil", which accumulates and will explode and will surely burst and feed the pendulums. Better initially unleash your feelings, and then consciously adjust your attitude. No use to fight the pendulums. You should ignore them.

My Notes

Day 51

INEXPLICABLE INFINITY

Statement

Why the transurfing works? Who "puts" everything that is in the space of variations?

Nobody has "created" the space of variations, it has always existed. Human mind is created in such a way that it seems to it that everything in this world is created by someone or something, and that everything has a beginning and an end. But in the world there are questions that are far beyond the possibilities of the mind. Because the mind is only a logical machine, although it possesses the ability to think abstractly.

Transurfing does not explain the structure of the world but offers a practical model that allows to understand why it is possible to manage reality and how to do it. Similarly we can drive a car without having an idea of its internal structure.

Interpretation

Throughout history, scientists are dealing with this only - trying to explain how the world works. This process will continue indefinitely. More and more new models will appear. If you stand before a mirror, holding in your hand another mirror, you will understand why the world has an infinite number of models. When a certain expression of reality is taken as a basis, a separate version is received - a piece of the mirror. When you stand with it before the primary mirror of the world, in the reflection you will see a new aspect. Taking a single manifestation of the given aspect, we will again receive a particular version of reality. And again from another mirror there will appear a new one, reflecting in the previous image.

And what is the world anyway?

You can try to imagine it (in case you can) with the example of two identical mirrors placed close together. Both reflect the other. Both mirrors contain the nothing that reflects itself infinitely many times. Black infinity of images in which nothing reflects nothing. Is it possible to describe the resulting picture using the terms available to our mind? Hardly.

My Notes

Day 52

THE KEEPER OF ETERNITY

Statement

The space of variations contains everything - and anything you want with your soul and mind, is yours. But you should know that Goalkeeper stands at the threshold of Eternity - the absolute law that protects the access to everything there.

This relentless watchdog allows entrance only to those who have the courage to exercise their right of Creators. Your verdict will be your pass: I can and I am worthy because I decided so. I do not want and do not hope - I intend. Take your right and the Goalkeeper will open before you the door to Eternity.

Interpretation

What is the difference between a provincial girl and the show business star, between the student and the prominent scientist, between the ordinary people and the chosen ones?

One step only... Some of them had the courage to take what is theirs, and others still don't have the courage and do not believe they are capable and worthy. In the minds of indecisive ones, a firm conviction stands, stating that in this world there exist chosen ones because they were chosen by everyone else, because of their outstanding qualities. Yet this is a wrong stereotype.

The chosen ones did choose themselves. And only after that, and because of that, the other people noticed them. Take your right to be chosen. Tell yourself, from this moment on, I chose myself. You have this right not because you are worthy and capable, it - this right - you just have it.

The space of variations contains everything. It contains also something designed for you personally - the verdict for your right. This is your ticket to eternity, the sign for the privilege to create your own reality.

My Notes

Day 53

MANAGING YOUR FATE

Statement

When you take the control in your hands, your life no longer depends on the circumstances. Your boat can be turned in any direction away from the "fate" that you are supposedly destined. Everything is very simple - life is like a river. If you paddle yourself, you can choose the direction, if you just leave yourself to the flow, you are forced to sail into the mainstream flow. Want karma - you will receive it. When you think that your fate depends on some inexorable circumstances or mistakes in past lives, thus you realize the corresponding variation. It's all your will - you're a child of God! And if you want to be a Creator, that is in your power too. Dual mirror agrees with everything.

Interpretation

Suppose you put yourself a goal that seems difficult to achieve, if looked from normal perspective, or even seems impossible to achieve. With all your soul you aspire to it, but your skeptical mind puts you back on the ground and keeps asking you the same question: how, how? So, according to the principles of transurfing, at the stage when the tools of achieving the goal are not yet known to you, you need to do an unusual step - to stop thinking about the tools and to focus on the ultimate goal, as if it has already been achieved. When in your thoughts you replay the target slide, the layer of your world moves in the space of variations towards the sector where the goal is realized.

The move is subtle, but it exists. Let your mind doubt as much as it wants - the main thing is to diligently replay in your thoughts the target slide. This looks like a night flight - movement is not noticeable, but the engine is running, meaning that the plane is moving. Similarly, in your head the target (engine) gets visualized and external lift - external intention - is pulling the layers of your world (airplane) towards the destination.

The steering wheel of intention is in your hands. Everything will be as you want.

My Notes

Day 54

MENTAL LAZINESS

Statement

If one believes in predicting his/ her fate and takes his/ her dreams seriously, a thought-form gets unintentionally formed that can be fully realized as a program for this person. The implementation happens only because (s)he actually believes all this nonsense.

We always get in reality what we believe in. But how naïve it is to believe various men and women who supposedly can predict the future rather than create your own destiny, at your own discretion. You are the real creator of your destiny, if you decide to be. Do not give your fate in the hands of the mirror people!

Interpretation

Only infantile personalities, for which life is an unconscious sleep, believe in horoscopes. If however you intend to control your own destiny, the services of the mirror people make no sense for you. What are the astrologers, astrologic interpreters, prophets, if not mirror people? Because they offer not just harmless forecasts but a replacement of your destiny - a piece of the mirror in which you will be forced to look.

When you have accepted something as a guideline for your future and it is to remain in your unconscious mind, programming your further destiny. Do you really think you can receive part of the future just like that? You can't peep into the book of fate without experiencing consequences.

You already have a mirror - the layer of your world, with which you can do whatever you want. Say "With my mirror I am free: if I want, with my will of Creator, I can turn each defeat into a victory - and so shall it be. Then turn your back to all predictions.

My Notes

Day 55

MENTAL TEMPLATE

Statement

With their negative attitude people themselves color the layers of their world in black. The mirror just ascertains the content of the attitude, ignoring its direction. It is not how you think, the main thing is about what you think. Whether you like the reflection or not – it is as what you think about it. The only thing that matters is the content of your thoughts. From that moment on, create a rule to keep under control the pattern of your thoughts and attitude. Whatever happens, just turn it into a positive attitude. Fix your attention on what you ultimately want to have. Over time you'll build a very comfortable reality. Get ready – a wonderful series of pleasant events is waiting you.

Interpretation

Usually negative experiences fully control the human attention. One worries only about what he/ she doesn't like. One thinks about what (s)he doesn't want and doesn't want what (s)he thinks. But the mirror does not comply with your desire or reluctance - it simply transmits precisely the content of the image, neither more nor less.

The result is quite a ridiculous situation: you always carry with you the things that you don't want to accept. That's why the poor get poorer and the rich - richer: they are looking in the mirror of the world and each of them understands the image of the surrounding reality in his /her own way. It sucks them in like a swamp. An old woman in the queue for her pension. A tired woman with heavy bags in a crowded bus. A sick man going from one hospital to another.

With all their thoughts they are lost in this dark reality. Some people are meanwhile enjoying life: sea, boats, trips, luxury hotels, expensive restaurants - all that the soul wants. In all cases, regardless of the nature of the situation, one fact can be observed: "This is the way we live!" More specifically - we live in the way we imagine our existence. Mirror confirms and further seals the content of their thoughts.

My Notes

Day 56

DISSATISFACTION WITH THE WORLD

Statement

If you really want to improve your live, replace the mechanical negativity with positive dominance, for example: "My world chooses all the best for me. I swim along the stream of variations and the world is moving towards me. I alone, with my intention, do form the layer of my world. My world saves me from the problems. My world cares so that I live easily and comfortably. I order and my world fulfills it. I do not always know, but my world knows how to take care of me. My intention gets realized, everything happens as it should be. "

Remember, either you control reality, or it controls you.

Interpretation

Why, over time, all vibrant colors fade away and serenity is replaced with worries and concerns? Is it because problems increase with age? No, it's because while getting old, one acquires a tendency to express negative attitudes. Resentment is a stronger feeling than the satisfaction of comfort and peace. People don't realize that now they are nevertheless happy, and keep wanting more and more from the world. Their requirements increase, they become increasingly spoiled and ungrateful.

Naturally, the world can not meet that rapidly growing needs and the spoilt child begins to show whims. The child changes his/ her attitude to the world: "You're bad! You do not give me everything I want! You don't take care of me! " And all the power of the unity among the dissatisfied soul and the capricious mind, is put into this negative attitude.

But the world is a mirror and it has no other choice but to sadly open its hands and to say: "As you say, dear. Let it be your way. "

The result - reality as a reflection of human thoughts, becomes worse.

My Notes

Day 57

INFERIORITY

Statement

When one realizes that (s)he does not fit the established standards, (s)he feels a sense of inferiority. Compared to whom? Ask yourself: do you want to be like everyone, or still you want to be yourself? By trying to hide your shortcomings, you will not achieve this. Developing your qualities, you will achieve this. Any imperfection is counterbalanced by a quality inherent to you. The lack of beauty can be compensated with charm. Physical defects are compensated with confidence in ourselves. The not so good communication skills can be replaced with the ability to listen. And the timid people, we can advise them: keep this trait as a treasure. Shyness has a hidden charm, if you allow yourself the luxury not to be "strict."

Interpretation

The sense of inferiority is based on comparison: I have an unattractive appearance, I lack skills and talents, I'm not smart or clever, I do not know how to communicate with people, I am unworthy ... No, actually it's much more serious: the thing is that I'm worse than others!

This is a pure form of the attitude of dependency. Polarization occurs: they are good - I'm bad. Polarization creates a steady wind forces that make one attempt in any way to raise his/ her artificially lowered qualities. As a result the person starts to behave in an unnatural way, and thus further emphasizes what (s)he is trying to hide. Fighting the complex brings more bad consequences than the complex itself. There's only one way to eliminate the complex: stop comparing yourself to the others and direct the vector of your attention to your qualities instead of the shortcomings.

Create a positive slide in which your qualities are so developed that they overshadow the disadvantages. Live in this virtual slide and soon it will become a reality.

My Notes

Day 58

SELF SUFFICIENCY

Statement

You have enormous potential, even if you think otherwise. Are capable of everything, but nobody has yet told you. Just accept the axiom that the soul knows everything and then allow yourself to take advantage of this. Stop searching the truth in foreign sources, look into yourself and you will find all the answers.

"To look into yourself" is not an abstraction. Just ask yourself a question and have the courage to answer yourself. Thus, by including yourself in the space of variations, you can make discoveries, can make new things and create masterpieces. Abandon recognized authorities - they have used the same source. Now your turn has come.

Interpretation

Do you like the works of the geniuses of art, science, business, sports and pop music, cinema? You can become one of them. You like the works of geniuses precisely because they are born by their souls. Your creation will appeal to others only if it comes out of your unique soul.

Everything which is common and mediocre, is created by the mind. Creations of the mind, as well the mind itself, are not unique. Unique is your soul. You possess a real treasure. All your brilliant creations can come only out of your soul. Let your mind allow the soul to make it. The only thing you have to do is to stop being guided by other people's experience and stereotypical standards. Start making your own standards.

When confronted to a problem, you can formulate your question and give time to yourself for solving it. You will see that the answer will come by itself - it already exists in the space of variations, your task is to decide to get it independently.

The only requirement is: to "adjust yourself" to the required sector, you have to acquire basic knowledge and skills in the area. And then just listen carefully to the voice of your heart that speaks the language of intuition.

My Notes

Day 59

DECISION MAKING

Statement

When you think how to proceed, only your mind works. It analyzes the merits and shortcomings, builds its concept so that it can be rational and convincing, while listening to the opinions of others. It usually doesn't take into account of premonitions of the soul. In this sense, the mind sleeps deeply.

Well, let' it sleep, do not disturb it until it decides. But here it is, decision already taken. At this point, do not listen to anyone, wake up and realize: what feelings you experienced when the decision was taken? The state of peace of mind will show the attitude of the soul towards the decision of the mind.

Interpretation

Whenever you need to take a decision, at first hear the voice of the mind, and then the feelings of the soul. Once the mind has decided, the soul reacts either positively or negatively. In the latter case you experience a vague sense of mental discomfort.

When the decision was taken, you had a short fleeting feeling. At this point, the mind was so absorbed by its analysis that it did not feel. So now remember what this first fleeting feeling was like. If it was a feeling of oppression against the optimistic thoughts of the mind, the soul has clearly said "no." When the soul says "no" and the mind-"yes", bravely give up the decision, if possible.

The soul always knows exactly what it doesn't want. There is a simple and reliable algorithm for determining the "no" of the soul: if you need to convince yourself and to negotiate with yourself in order to say "yes", then the soul says "no." Remember: when your soul says "yes", there's no need to convince yourself.

My Notes

Day 60

THE RUSTLE OF THE MORNING STARS

Statement

When you face a dilemma and do not know the exact answer, boldly trust your intuition. Counting on hunches, you will also make mistakes. But incomparably more mistakes you are to make, if you only to listen to the voice of reason. If you need to take a decision no one knows better than your soul, what should be done. It is often very difficult to understand precisely what your soul prompts you. But you can absolutely accurately determine whether it likes the decision of the mind. Peace of mind in response to the taken decision, is a sure criterion of truth.

Interpretation

The mind thinks using with conventional signs: symbols, words, concepts, schemes, rules, etc. The soul does not use these categories. It does not think and speak but feels or knows. Moreover, the mind is constantly occupied by its talking. It believes that everything can be explained reasonably, and continuously monitors all the information. When its control gets weakened, intuitive feelings and knowledge find their way towards the consciousness. The mind got distracted and in that moment you felt feelings or knowledge of the soul.

This is exactly a rustle of morning stars - a voice without words, thinking without thoughts, a quiet sound. You know something, but vaguely. You do not think but intuitively feel or just do know. The soul has access to the information field and can find answers to many questions, and protect you from wrong or dangerous steps if you listen to its voice.

For example, if you experience any anxiety unusual for you before a flight, it would be wise to skip it. Or when on your first acquaintance with a person of the opposite sex you have to convince yourself that he (she) is suitable for you, you can be confident that most likely nothing good will come out of further your relationship.

My Notes

Day 61

OTHER PEOPLE'S GOALS

Statement

When defining your goal, ask yourself: do I really desire it with all my soul or I just would like to desire it?

If you need to convince yourself, then the goal is not yours. If your goal is yours, you do not have to convince yourself. Movement towards the goal of somebody else always leaves the celebration for a later and illusory future. And if you are moving towards your goal, you're happy even now. Other people's goal is always violence over you, compulsion, and obligation.

False goals attract with its inaccessibility, forcing you to prove something to yourself and everybody else. The goal of other people has been obtruded to you by others and serves to increase other's welfare... Search for your goal.

Interpretation

Other person's goal causes mental discomfort. Typically, false goals are very attractive. In ecstasy, your mind will beautify in any way all possible attributes of the goal. But if, despite all its attractiveness, something oppresses you, you need to be honest with yourself. Sure, the mind doesn't want to hear you - everything is wonderful. So where does that shadow come from?

Thinking about the purpose, do not take account of its prestige, exclusiveness and means to achieve it - pay attention only to the state of mental comfort. Imagine that you've achieved it and everything is over. Do you feel better or worse?

Do not confuse soul stiffness (or shyness: "Is all this for me?"), with discomfort. Soul discomfort is an oppressive feeling or burden that is too weak against the optimistic thoughts of the mind. Soul stiffness can be removed with the help of slides but soul discomfort - never.

My Notes

Day 62

YOUR GOAL

Statement

Everyone has one precious treasure - his/ her unique soul. Every soul has a purpose towards which one gets happiness. Next - in future - there's no happiness. Happiness is either here and now, or it doesn't exist at all. The secret of true success is to rid the pendulums and to choose your own way.

Ask yourself the question: what attracts your soul, what will make your life a celebration? Do not care about any restrictions. Do not be shy and order with a vision. If this is your goal, then at the very thought of it, your soul is singing and your mind rubs its hands with pleasure.

Interpretation

The human soul can only vaguely guess what it wants. Mind must help it to identify its goal. But the mind, entirely in its style, is trying to search for the goal using the way of logic. This is a mistake.

The task of the mind is not to search for the goal, but to recognize it on time. At the right place and in the right time the soul will recognize what belongs to it and you will feel it. The main thing is to give the soul the opportunity to meet the goal. You need to expand your horizons: go where you have not been, see what you have not seen, hear new information, exit the circle of the ordinary.

And later - keep up your awareness and carefully listen to the voice of your heart. Give yourself an indefinite period, do not limit yourself within time frames and do not turn the search for the goal into an obligation. Just repeat in your thoughts, repeat the statement: **I am looking for something that will make my life a celebration.**

The goal will come as an illumination. When confronted with some information and you feel your soul kindled, and your mind is considering it with pleasure, then you can assume that you have found true goal.

My Notes

Day 63

INTENTION WHEEL

Statement

If you want to achieve your goal, you should turn your desire into solid intention. Dreams don't come true. Stop craving for your goal. As long as you intend, it is already yours. Yearning is the fear of failure: I want it so much that I even don't have strength any more, while I'm afraid that will not happen.

And why am I afraid?

Because I do not think about the goal but how to achieve it. Stop thinking about the how's of achieving it, your task is to think about the goal as if already accomplished, and replay the target slide in your mind. On the way to the goal things will not happen as you expect, or maybe nothing will happen at all. This should not discourage you. No matter what is the course of the events, keep a firm course towards your goal. The motto is: "I do not want and do not hope - I intend."

Interpretation

The situation in the space of variations regarding the goal is like you are in a boat in the open sea. To get to the land you need to swim to the north, where the compass arrow points - the direction of your thoughts. While you imagine the picture of reaching land and stepping ashore, your "arrow" points where it needs to. All that is needed is to think about the arrival and to row. Only this and nothing more.

But the impatient mind starts to spin around and to harass the swimmer: "Are we swimming in the right direction? Will we get there soon? What if our strength is not enough? And if there is no land? Of course we need to row in a different direction! "Because of that the arrow of the compass starts flicking and the boat is constantly changing course. Reason does not see the movement in the space of variations, that's why it doubts and worries. It is used to controlling the situation. The mind will calm down only if it is assigned a task in the implementation of which it will be aware of what it does. So tell it not to shake the boat but to keep on the course. Control over the course of thought - that's what should be the work of mind.

My Notes

Day 64

THE CANVAS OF YOUR SOUL

Statement

Everyone has a purpose, towards which (s)he reveals all his/ her talent. If one is not aware of his/ her uniqueness, his/ her divine power of Creator and one sinks into unconscious sleep, and the pendulums immediately enforce an imitation of a purpose onto the person and show him/ her a place in the matrix in order to become a cog which works in the interest of the system.

When a person works towards achieving other people's goal, his/her life turns into serving a sentence. On the way to your own goal you get true happiness in this life. Your goal will make your life a celebration. Achieving it will attract the fulfillment of all other desires, and then the results will exceed your expectations. Look for your goal. You'll find it.

Interpretation

Do we really need to look for our goal? And many do not really think about it - they just live and that's it. More precisely, they do not live, but serve a sentence. Each day of such a life is like the other, routine work, the same persons, streets, walls, too meager set of entertainment, constant burden of care and obligations, holidays - only in certain days (specified by someone else and not you).

But there are people in whose lives everything is as bright and colorful as a carnival. These are lucky people that do not have working days, they work and play as if each their day is filled with fireworks, interesting events, meetings and joyful experiences. Why is it so for them, but not for me? ...Because those chosen by fate, have found their way. They are quite few; all others are prisoners of the matrix, common elements of the system.

The unique and omnipotent God's children, without realizing it, have renounced their right of free choice, they have allowed the pendulums to turn their lives into unconscious sleep. This is why the system decides for them what they want, how to live and what to seek.

My Notes

Day 65

PESIMISM

Statement

When one sees some unpleasant traits in his/ her reflection in the mirror, one stares at them and automatically expresses his /her negative attitude, which makes things all worse than before. Following the image, reality in effect gradually loses its luster. This is how the layer of the world of the individual person loses the freshness of color and becomes increasingly dark and uncomfortable.

Stop "picking up" stressors - and they will cease to annoy you. Stop looking for problems - look for solutions. Finally, stop whining. Once you change your attitude towards life, a firm feeling appears in you, a feeling that everything runs great and will be even better. Everything will be just as it should be.

Interpretation

Tendency to pessimistic expectations seems unattractive. Mood such as: "Anyway, nothing will come out of this" - resembles sadomasochism. Pessimist gets perverse pleasure, becomes drunk by his/ her heavy fate: "The world is so bad that it can't be more! This is what it deserves, even though I receive the same together with it! "

With the same fatal predestination, loser finds his /her unenviable position: "All life is full of darkness, no light is not visible in the tunnel." (S)he with all his/ her strength, does not wish such a fate, and that's why spends all energy bemoaning and wailing. But what can get reflected by the mirror when the image is woven of discontent? The image: "I am dissatisfied! I do not want it!" - is closely related to the reflection: "Yes, you are dissatisfied and you do not want." Just the fact gets reflected - neither more nor less. And so the occasions for dissatisfaction get increased, which in turn further aggravates the relations between the person and the world.

And here - the former minion of fortune becomes offended grumbler who always complains that, you see, the world owes him/ her. Sad picture. The person does not understand that (s)he alone has spoiled everything.

My Notes

Day 66

THE SUPPORT

Statement

If now things are difficult for you, you can always find support in yourself when you wake up and realize where the problem situation comes from. The danger is not the problem itself but your attitude towards it. When you consider it important, you give energy to the pendulum. You need to realize that in every problematic situation pendulum wants you to either strain yourself and to fight, or to put down your hands, and give in to despondency. You should do neither one nor the other. But when you do not have support and you have lost the pillar of your confidence, what will you do?

Confidence will appear when you wake up and realize what a game has been conducted. You will smile, "Well, is that you, pendulum? ...Now you will not catch me so easily". You are not a puppet any more. You are free, because you are awake ...

Interpretation

When one doesn't know the rules of the game, the surrounding world begins to seem frightening and hostile. Then a feeling of loneliness and depression overwhelms the person and makes him/ her sleep and obey the will of the circumstances. When confronted to annoying nuisance or complex problem, people give energy to the pendulum and feel anxiety, their strength decreases, the situation brings oppression to them. One is either in readiness to fight, or feels ready to surrender. Both feelings are not normal and create stress and depression.

To find support, people indulge in smoking, drugs, alcohol or other means. But the result is that they fall into slavery of new pendulums. And you only need to wake up and see the game through the eyes of a spectator, without leaving the stage. You will immediately see all underwater rocks, as if the sea suddenly disappeared. Just then you can find the support within yourself.

The very understanding of what happens, is enough. Even this knowledge alone gives you a secure and peaceful faith in yourself, because the uncertainty stems from the fear of the unknown. And when you know this, you can turn your life into conscious dream, and therefore take control of any situation.

My Notes

Day 67

CORRECTING THE SCENARIO

Statement

Look at everything that surrounds you with the eyes of an observer. You are a participant in the play while you play as if from aside, noting every movement in your surrounding environment. Do not insist on your scenario, let the world move along the variations.

This does not mean you have to agree with absolutely everything. One thing is to close your eyes and surrender to the moving stream and quite another – to intentionally and consciously move downstream. You will know by yourselves where to tighten the reins, and where to consciously relax them.

Let the world be, and watch its movement. Watch it as a wise mentor, giving your child freedom of choice, and only occasionally prompting him/ her in the right direction. You will see how the world will start revolving around you.

Interpretation

One is uncertain when (s)he is led blindfolded. The mind can not accept that nothing happens or events do not happen as it planned them. It is designed similarly to a cybernetic machine: if the algorithm is distorted, a red light flashes.

The primitivism of the so-called common sense is related to the fact that it not only offers stereotyped action program, but also insists on having it executed. In most cases it is not necessary to act - soft and flexible following the events is enough. If it is not interfered, the stream of variations, guides the events towards the most optimal course. We need to turn the stupid intention of the mind just the opposite direction - let it dynamically adjust its scenario to include all unforeseen circumstances.

Such a task is not usual for the mind, but this is the only proactive way to leave the role of a cat who plays with a mirror. Knowingly giving up control, you will get real control over a situation.

My Notes

Day 68

CARRYING CASE FOR THE SOUL

Statement

Your soul has not come to the material world in order to suffer. But for the pendulums it is advantageous to turn into a norm the fight for a place under the sun. Soul appeared in this world as if coming to a celebration - then allow it to yourself. Only you can decide whether to spend your entire life working for the use of the pendulum, or you will live for yourselves, for your pleasure.

If you choose the celebration, you need to get rid of pendulums chaining you and to find your goal and your door. Connect mind with soul and you will get all that your soul wants. Allow yourself the luxury to be worthy of all the best.

Interpretation

We can not change this world. We have to put up with what is not dependent on us. Numerous restrictions and conventions literally place the soul in a case. The mind conquered by pendulums, becomes its jailer and does not allow it to get realized. One is forced to behave as required by the world of the pendulums: to exhibit anger, to get irritated, to be afraid, to compete with other people and to fight.

Realize that this is just a game of the pendulums. Exactly a game, not a fight because they actually resemble giants with feet of clay. In this game your options are limited only by your intention. The possibilities of the pendulums are only limited by your level of importance and awareness. If you have importance equal to zero, they will fail because you are empty.

Your strength comes precisely from the awareness that you understand the rules of the game. If you notice that the pendulum is trying to catch you and pull you out of balance, smile at yourself and relentlessly lessen the importance. Then you will feel your strength and you'll find that you yourself can define the script of the game. Winning the game with the pendulums, will get you the freedom of choice.

My Notes

Day 69

IDEALIZATION

Statement

When a person creates his/ her own myths, sooner or later they are dispelled. If you do not want to experience disappointment, observe the "rule of the three NO." Do not raise the importance of anything - nothing is as important as it looks. Do not create idols - in fact they are much more earthly than they present themselves. Do not beautify reality - everything is much more prosaic. Always strive to soberly assess reality.

Interpretation

When you think that somewhere there is something, but actually there is not, unnecessary potential appears, which introduces distortion in the surrounding energy picture. Balancing forces seek to eliminate the inhomogeneity which occurred and in most cases their action is directed to "Debunking the myths." For example, a romantic and dreamy teenager imagines his beloved one as "an angel with pure beauty." Actually, it appears that she is completely earthly, loves fun and is not willing at all to share the tragic lover dreams of the teenager in love.

Or a woman painted in her imagination the portrait of the ideal man. The firmer the conviction that he must be exactly like that, the greater is the excessive potential. And it can be removed only by someone with absolutely opposite qualities.

And vice versa: if a woman actively hates drunkenness and rudeness, she seems to be caught in a trap and finds an alcoholic or rude man.

One gets what (s)he actively rejects and vice versa- if we begin to unnecessary idealize something, balancing forces make us face the harsh reality.

My Notes

Day 70

UNCONDITIONAL LOVE

Statement

When someone loves you, consider that a miracle happened. Even if you cannot answer the feeling, cherish this love very high, do not ignore it, treat it with care. Think about it - so it is a real miracle! What if this person is the last one that will ever love you? Similarly, cherish your love to someone, do not turn it into a relationship of dependency.

Unconditional love - love without pretensions - is the only chance to induce a response feeling. Give up the desire to receive and get something, love just like that, without relying on getting something, and then a miracle will happen - you'll be loved.

Interpretation

Imagine that you are standing in front of the world mirror. If your image is love, you will get the same reflecton. But if the image contains the desire to receive love, it's not worth it to hope that you will see a response feeling in the reflection - the mirror will reflect only your efforts to become a loved one. When love goes into relations of dependency excessive potential arises - energy "pressure differential".

The relationship of dependency is determined by the placement of conditions such as: "If you do not marry me, you do not love me. If you love me, you are good. If you do not love me, you are bad. " The stronger the desire for possession, i.e. for loving response, the stronger is the effect of balancing forces, that will do everything in spite of you.

Love without conditions, without right of possession does not create a relationship of dependency and generates creative, positive energy. Only unconditional love is able to create a miracle and be answered with love.

My Notes

Day 71

THE POLARIZATION OF COMPARISON

Statement

When comparing with others, it creates inferiority complex if you underestimate your qualities, or superiority complex if you overestimate them. Both are abnormal.

Realize that pendulums force you to compare to a standard, since for them it's useful if everyone walk up in the ranks. Turn your "non-compliance to standards" into self-sufficiency. Take the right not to be like everyone else. Break the rule of the pendulum: "Become like me, do like me."

Always perform the transurfing rule: "Allow yourself to be yourself, and others to be other." When you are out of the ranks, the pendulum will follow you, as it he follows a new standard.

Interpretation

Do not imagine that everyone around you gives your qualities or deficiencies the same meaning as yourself. In fact, everyone is concerned only about his/her persona, so calmly reject this gigantic burden from your shoulders. The false need to be "cool" often makes people imitate others who have earned the "cool" title. Careless copying of other people's scenario creates a parody.

Everyone has a scenario. It is enough to choose your own credo and to live according to it. For example, in any group leader is the one who lives according to his/her own credo. That's why (s)he became leader, because (s)he was freed from the obligation to consult with the other about how to act.

(S)he doesn't need to imitate anyone, just that person has set a worthy assessment of himself/herself, knows what to do by himself/herself, doesn't want to please anyone and is not trying to prove anything to anyone. When you put a decent score to yourself, everyone around will automatically agree with it.

My Notes

Day 72

THE UNIQUENESS OF YOUR SOUL

Statement

You are a truly unique personality. You have no competitor in your uniqueness. Take your right to be unique and you will get a huge advantage over those who walk the well-trodden paths. If you want to become like him (her), you will achieve nothing.

Become yourself.

Allow yourself this luxury. If you stuck to the mask of an existing star, this will be either a copy or a parody. You can't become a star by imitating others. When you stop trying to be like somebody else, when you stop repeating the other people's experience everything will be arranged for you... When you yourself admit the grandeur of your personality, everything will be arranged for you- the others can do nothing else but to agree with that.

Interpretation

The fact that you deserve all the best and are capable of everything, is very carefully hidden from you. You've been suggested that you're naive if you believe in your unlimited opportunities. But actually the opposite is true. You are able to create wonderful masterpieces of art, to make brilliant scientific discoveries, you can achieve great results in sport, business, in every profession. You only need to refer to your soul.

It has access to all knowledge, work and can achieve everything. Your task is to allow yourself to be yourself. Did the masks you wear, helped you to achieve success, prosperity, happiness?

No need to change yourself - this will be another mask. If you drop off the masks imposed by destructive pendulums, the treasure hidden in your soul will come out. You are truly worthy of all the best because you are actually wonderful, amazing, unique creation... Just let yourself be such.

My Notes

Day 73

I

THE SCROOGE CALLED MIND

Statement

When the mind of the person is seized by the pendulums, (s)he is forced to put up with many restrictions and fulfill his/ her role in the imposed game. Do not believe the arguments of the mind, trying to convince you that the desired goal is not real, and remember – the mind is restricted by the false stereotypes. Because when life is over, the dream remains in the dusty chest.

In this world, the mind without the soul can do only few things. And together they are capable of everything, because the fusion of soul and mind gives birth to magical power - external intention. Do not give up your dream only because some artificially inflated authorities have usurped the right to determine what is real and what is not. You can take your own right to have your own personal miracle.

Interpretation

The mind treats the soul as a child who wants to get a toy. The answers of the mind are standard: "We have no money, I know better what you need, This is not real, This is not to be owned by everyone, You do not have the necessary skills and capabilities. You are not up to this. You can not compare with her (him). We must live like everyone else, and so on"...

The mind has its own logic imposed by the pendulums, for which it is useful to keep their supporters tied, to not even allow them the freedom of choosing their own dream. The soul does not possess logics, it understands everything literally. The mind states that there is no money. But the soul does not want money, it wants a toy! The mind reasoned that there is no money and prohibits the toy (it's not real, it's not possible to have). The soul can only sadly shut witing itself and no longer mention the toy. Thus the dream is buried.

The mind does not imagine how it can be done, so it does not let it in layers of your world - everything in life should be logical and understandable. And it is only necessary to agree to have, then external intention will take care of the rest.

My Notes

Day 74

THE ENDLESS CAPABILITIES OF YOUR SOUL

Statement

What makes a person to become a chosen one? The unique path, characteristic only of this person... Once you go your way, you will discover the treasures of the world. And then others will watch and wonder how you achieved this.

Allow yourself the courage to turn your back to the stereotypes of the pendulums. Allow yourself the courage to believe in the endless capabilities of your soul. Allow yourself the boldness to have the rights to your wonderful personality.

If the mind allows it, the soul will find a way to realize your dream. Feel free to make your order with a vision. **Be realistic - ask for the impossible.**

Interpretation

Whatever order you place, you will achieve it in a difficult way within the rational worldview. The stereotype of a goal hard to reach, is among the most persistent ones.

The mind will try to answer the question: "How can this be achieved?" Let your soul answer the mind: "Shut up, this is none of your business, we are only choosing a toy!"

On the verge of choosing you should not be interested in any restrictions. Want a boat?.. How about an yacht? Want an apartment? How about your own house? Want to be a head of department? And how about a CEO of a corporation? Want to buy cheap land and build a house? And how about your own island? Want to work a lot and get a bunch of money? How about not working at all and living for your own pleasure?

These "How abouts ..." can continue indefinitely. You can not even imagine how modest your wishes are compared to what you could get if you would go to your destination through your own door.

My Notes

Day 75

MONEY

Statement

Above all it is necessary to go towards your goal, then money will come alone as an accompanying attribute. But while you're on your way, remember one rule: do not think that money is not enough, instead think that you have them. You should focus on that fact only.

You have money. How much - this is not important, the main thing is that you have it. And you will have even more. Get money with love and joy, but give them carelessly. Do not limit yourself unnecessarily. The more you are saving, the less you will receive. Don't amass great sums without a purpose, otherwise you will lose everything. Create movement. The funds flow through a tube, not through containers.

Interpretation

Poor people count pennies in front of the store shelves, calculate how to save some money, spend less and are constantly complaining of high prices. Their thoughts are fixed on one thing only: money is always not enough. This is their mental template and it gets realized.

And how could it be otherwise? Because we stand in front of a mirror. You should not think that money is not enough, but instead you should think that you have them. You always have something in your purse, right? If currently you do not have enough funds to purchase what you need, do not regret, but merely postpone it. You know that money will soon come. Thus you form the image, which will gradually be reflected in reality.

There is another very powerful ritual. Pick up all lost, useless coins, especially rusty ones that no one picks up. Carefully place them in a box by repeating a thought-form: "You are at home, my dear coins, I'll take care of you, and you call here more money. I care about money... money love me and come to me easily". Then get convinced, this is how it works.

Day 76

THE COMFORT ZONE

Statement

Everyone is free to choose whatever (s)he needs, but if you feel uncertain when imagining your amazing success, richness and fame, then they are not part of your comfort zone. And what is not into this zone, will not become yours. This can be expanded. Create a slide of your dream in your head and keep it in your mind. Again and again imagine this picture. Enjoy the details and draw new ones, learn to watch this new image.

You are worthy of all the best. Everything is real. There are no borders - they exist only in your head.

Interpretation

The positive slides help to include the incredible in your comfort zone. When you stop experiencing mental discomfort at the thought of your dream, faith will become knowledge. Soul will be reconciled with mind and determination to have will appear. It is useless to convince your soul into something. Because it does not think, but it knows.

You can only teach it. It must get used to a new comfort zone. If you still feel insecure and do not know how to realize your goal, do not worry and keep visualizing the slide quietly and systematically. When the goal fully enters your comfort zone, external intention will open the door towards the world of your dreams. This fortress is conquered only by a long siege.

My Notes

My Notes

Day 77

ALLIES

Statement

You're only as lonely as you want to be. Every inanimate object becomes an entity and becomes your ally if you treat it as alive. For example, you can consider a toy to be a mascot and seriously believe that it is alive and helps you.

Everything that surrounds you: buildings, trees, furniture, household appliances, cars, computers - will help and take care of you when you decide so. Do not ask your allies for anything but treat them as a mirror of the world - be confident that they care about you, know it and I repeat it from time to time.

Interpretation

As the physical body can give birth to other bodies, the soul also has this capability. When you think of an object as a living being, your thought-form becomes an energetic essence - phantom with "virtual soul."

Phantoms are invisible and can not be touched, because they are in the metaphysical space. However, after their birth, they exist objectively and as all thought-forms, they are able to affect the material reality. So if you want, you can boldly animate objects surrounding you and treat them as living beings.

Treat them gently, care for them with love and they will reward you with the same. For example, if you treat your car as a creature, dear to you, its "soul" will protect you from accidents. When you have to throw out an object, do not forget to thank for the service that it has given you. Do not worry - when you forget a discarded object, its "virtual soul" will cease to exist.

My Notes

Day 78

YOUR GUARDIAN ANGEL

Statement

Maybe you are in difficult situation and no one can help you. Then you can create a guardian angel. If you believe in him, he exists for you and vice versa - if you do not believe, for you he does not exist.

Even the realization that there exists a nature that cares for you, gives you additional balance and confidence. Never insult the angel and do not become mad at him. You have no idea of what troubles he is saving you so far. When enjoying your success, do not forget to thank your angel and to remind him that you love him. He will become stronger and a will pay off to you .

Interpretation

Is it true that every person has a guardian angel?

In all cases, you are the one who must decide. You create your own reality.

While you believe in your angel, he exists on a energy level, and if you believe that he takes care of you, so it will be. Pagans who worshiped imaginary gods and fetishes, were never stupid.

You can imagine the angel in any form. In fact it has no form. You attach it to him with your imagination. So imagine him in a way comfortable to you. If you feel lonely, share your loneliness with your angel. If you feel misery or joy, share with him too. The more sincerely you love your angel and thank him for all the little things, the stronger he becomes and the more support he will give you. Fantasies do not exist. Each fable is a reality.

My Notes

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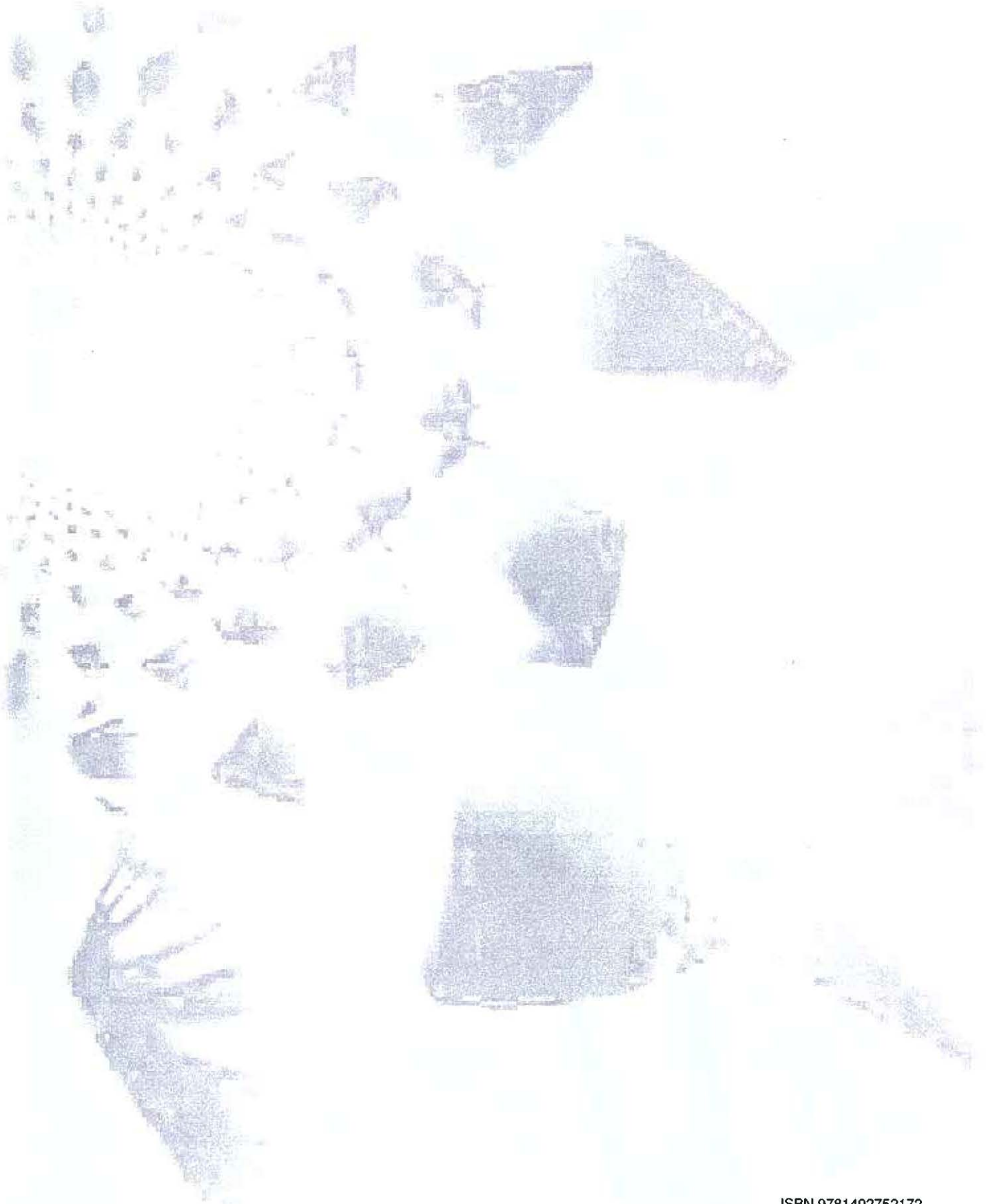


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