



the
GLAD GAME REVISITED

YOUR
21 day JOURNEY
into
Vibrational Alignment

Empowering YOU to Emerge
as the perfect
MATCH
for
YOUR
DREAMS & Aspirations

Book 1 - Divine Orchestration

By Alva v.H

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BOOK I

DIVINE ORCHESTRATION

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Disclaimer

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Grown-ups never understand anything, for themselves, and it is tiresome for children, to be always and forever, explaining things to them'.

- Antoine de Saint Exupéry.

DEDICATED,

With LOVE and PRAISE,

to - ARIE and JONA,

Who chose to share their Journey, with mine.

And thus,

serve as - my true Avatars,

on this Path of JOY!

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FOREWORD

*'Whether we name Divine Presence Synchronicities,
Serendipities or Graced Moments, matters little.
what matters is the reality, that our Hearts have been understood.
Nothing is as real as a healthy dose of Magic which restores our Spirits'.
- Nancy long.*

Dear Reader,

I WELCOME you on a wonderful journey.

It takes Courage to embark on the path of self-discovery and you have taken the first step now.

It is my desire to assist you on your quest by sharing with you the information I am about to reveal.

In this Book you will be initiated into my *'Glad Game Revisited'* process.

A process that has proven to be a turning point in my life.

I truly believe that what I have to share with you will be of Great Value to you, and will serve you well.

My mission, if you will, is to inspire you as you set on the path of remembering who - YOU REALLY ARE.

Realizing and recognizing this wonderful Inherent Wisdom you carry within you, and eventually to be stirred back into RE - Alignment with the Grand Power that creates worlds - with Source Energy.

You will RE-discover this inherent power that you carry within you, just waiting to be awakened.

This power is the force of your Spirit, Body and Mind which when brought into alignment can create wonders.

This is a power greater than you have ever imagined.

A force that when unlocked can work miracles on all Levels of your existence.

The journey you are about to embark on is a Journey of Love.

A journey which may seem challenging at times, but one that is deeply rewarding as it connects you back to yourself, unleashing wonderful inherent Gifts of Expansiveness and Creativity.

It is my privilege and Joy to share this discovery with you as you emerge from a place of resignation, doubt and disappointment to one filled with WISDOM, STRENGTH, EMPOWERMENT and LIGHT.

I wish you Bon Voyage!

You are about to set on a wonderful, magical and inspiring journey, a Journey back to YOU!

May you Enjoy every moment of it.

Yours Sincerely,



Alva v. H

*'When you Dance, Your Purpose is not to get
to a certain Place on the floor.
It is, to enJOY each step, along the way'.
- Wayne Dyer.*

MY STORY...

Mine is quite an ordinary one.

It is neither an adventure filled Story of courageous pilgrimages to Ancient sacred cities of the past in pursuit of some magic word or formula of sorts, nor of 'a life threatening experience' of any kind.

Since I can remember myself I have always been on a spiritual quest, and still am. My quests however have been and still are for the most part inwardly oriented, as it is my strong belief that, that which we spend a life time searching for is in us waiting to be tapped on and RE-kindled, at all times.

We all carry this magical potential of everything we are really meant to BE.

We are so designed!

My '*Epiphany! - Moment*' revealed itself unexpectedly as I was going through long forgotten personal belongings in my cellar one day and stumbled upon the book - 'PollyAnna' a best-selling 1913 novel by Eleanor H. Porter.

As it may well be that you are not familiar with this term, as it came to be later, I am enclosing a short Essay as an Appendix at the end of this book, should you care to read more about it.

But actually the Story of events has little to do with the essence of the revelation, and the immense effect it had on me at the moment I rediscovered it so many years later.

In this very Single moment the answer to everything I have been searching for, for decades, was wonderfully made clear to me.

Experiencing long periods of deliberate alignment, during which life seemed to FLOW in perfect synchronisation, with my visions and Aspirations - The universe presenting me wonderful gifts of Joy, Love and Abundance with absolutely no effort on my part, and then again, times when all but the above was present. Thinking I must have made a wrong turn, somehow, somewhere, I would then set upon trying to put some more effort and force myself back into reaching this lost state of BLISS.

Each and every time going through the process of RE-calibrating myself anew, with a growing sense I was missing something, some elusive 'detail of utmost importance' that which brings it all about so perfectly in place.

And so it came to be that at that moment, holding that book in my hands I recognized beyond any doubt this truth revealed to me in its full magnificence yet simplistic genius.

The pattern I was following only intuitively for years became real and tangible for the first time.

That was IT.

You see, up until this moment I was not fully aware of this 'Waltz Dance' I was performing for quite some time now as being an indicator - and as such pointing - in the direction of my visions all along.

I must admit I was neither as a child nor later on, a great fan of 'PollyAnna'. This happened much later on, only after 'the Re Discovery'.

I was anything but '*Pollyannaish*' as a young girl, carrying with me a sense of 'Love-Hate' relationship towards this character.

But fortunately for me as it happened to be, the MESSAGE of it had been subliminally delivered all along.

So as I was intuitively led into following her footsteps, I was secretly initiated into this magnificent Ritual so as to later on be able to recognize the life force it carries with it and turning this Message into a Conscious Decision to live by.

*'The limits you may currently experience within you,
have given you the idea that Awakening and Enlightenment, as you know it, are your end goal.
Be assured,
Even your most happy and loving expectations, are just a glimmer
of all the great and powerful potential
YOU personally are intended to have and use as the YOU are intended to BE'.
- From the teachings of Abraham.*

YOUR Journey begins -

Since you have chosen this book to accompany you at this time It can be assumed that you may have gone through your share of disappointments along the way, and therefore understandably must be harbouring resentments, feelings of powerlessness and self-doubt within.

Or it may well be that you find yourself in the midst of some 'undesirable situation' at this time in your life experience.

You may be suffering the loss of a loved one or a soul-mate.

You may be bodily in a compromising situation.

Maybe your financial well-being is being threatened.

All of which are serious predicaments, and they certainly seem to appear so from where you stand right now, very disarming and insurmountable, I agree.

That is why you were intuitively directed to the Message which makes up this book so as to present yourself with the Chance out of this reality, and You Will!

This book is so designed in order to gently guide you on your way back to your normal State of being, like coming back Home - from a place of fragmentation, self-doubt and powerlessness to one of true understanding and appreciation of who you truly are.

By the time you have finished reading and implementing this process you will be able to see more clearly.

In other words, beyond Reality and further into Acceptance, Resolve, Healing, Well-Being, Abundance, and Prosperity.

Able to move forward to the NOW you really deserve and the YOU that you truly are!

In order for us to start 'on the right foot' though, I would like to make a few suggestions.

I will be sharing my knowledge with you on faith.
In return I ask of you to follow just a few principles to the best of your ability.

Be PATIENT

That is, patient with me and my assumptions, ideas and convictions.
Patient with these teachings, the book, and the process ahead.

But first and foremost be patient with yourself, which means truly and honestly appreciating where you are right now at this moment, all set to take action.

Although You may experience Grand Moments that will lift you up, some discouraging ones that would threaten to rob you of your faith and energy, may also be in store for you as part of the process.

That is why you are to remind yourself at all times, that you have made a CHOICE and a courageous one at that.

Give yourself time and space to let things unfold as they should.

Keep an OPEN MIND

The knowledge and assumptions I will be sharing with you may at times seem rather odd, to contradict or not follow your own set of beliefs at best.

Bear in mind though, deliberate change requires courage, and you have proven that already.

Your courageous nature emerged by your initial act of will.

Your desire to welcome the change brought you here and now!

When in DOUBT -

Take a break and contemplate the following - Will it be possible for you to just for a while 'make - believe' !?

...to actually pretend you accept and are in accordance with 'this nonsense' ... - which is exactly the terminology your subconscious mind will be using at the onset.

What could really happen then?!

Ask yourself this question and set your mind accordingly.

You will find it easier to move on, at least for a while longer...

practice PERSISTENCE

Do not let emerging doubts and worries turn on you to the point of deterring you from pursuing with your quest.

Move on, even when but in small steps. Better yet -

You do not want to rush it anyway although it is understandable you would tend to want to do exactly that at least initially.

But know this -

It is best you go at it slowly and continuously rather than forcing it 'into being' all at once, only to encounter growing inner conflict and disappointment.

It is very important that you do not see this experience as a burden or a chore to be done. Instead, let your intuition guide you through it with Ease and IN Joy!

*'The Universe is completely and utterly, in love with you.
No matter how many mistakes you make, no matter where you are in your life,
no matter what, YOU think of YOU,
the Universe, loves you - for all eternity'.
- Rhonda Byrne.*

THIS BOOK...

has been crafted with Love and Care and is presented to you in the hope you may make the best use of it to further your state of Well-Being, Joy, Harmony, Abundance and Prosperity as you journey through your experience of life.

It is written around the core belief I hold which is based on the premise that all is already given. Hence we are already, NOW - 'there', at all times - there where we wish to BE.

We already have all we need, all that which we believe we need in order to experience HAPPINESS.

Therefore, given this notion we are already complete and whole to begin with.

In other words, only when we Re-learn to SEE and FEEL our experience differently, will we be able to witness the miracles around us.

This Re- learning process in order to be able to see and feel our NOW as such, is the prerequisite for our HAPPINESS.

The 'Glad Game Revisited' process is as such a method to guide you in this direction.

It is designed as a powerful TOOL to achieve this GOAL.

That said, know this, the common belief which you may still hold at this time is one that follows along the lines of your 'Pre - Conditioning' up till now, which is for the most part based on the assumption that Gain of any kind is only to be achieved through effort, hardship, labouring and complexity.

As you will discover this is not the truth that lays within those Teachings you will be presented with in this book.

The process you are about to go through may seem simple, natural, and easy to learn and follow - yet it is at the same time profoundly powerful.

It will free you from the need to seek any further.

As you will have reached - *'Long Lasting Vibrational Alignment'*, essential for the achievement of your Goals.

It will reveal the secret of your True Sovereignty and Creative Force, the fundamental principle Great Mystics have been teaching all along, which is at times either misunderstood or badly interpreted.

In order to proceed along these Lines of Thought, you will - in Book I - be first led to come to some general understandings of these Universal laws in form of a short 'THEORY COURSE', submitted to you in a concise manner using practical terms.

Along this course it may appear to you that certain ideas tend to repeat themselves as they will be dealt with, on different levels, revealing different aspects of the same.

This will ensure that as you arrive to Book II - which is the 'PRACTICAL COURSE' and are initiated into the 'Glad Game Revisited' Modalities you will have already gone through the necessary cognitive SHIFT and are ready to receive and allow for it to serve its purpose.

You will move along with 'Playing the Game' for Three Weeks - during which time the RE-Calibration and necessary 'Frequency Adjustments' will take place so as to have you vibrationally Aligned and ready for Book III - which is the 'MANIFESTATION COURSE' where you will finally have emerged fully transformed and ready to be guided through the process of Manifesting Your Desires.

In order for you to achieve this Goal - leaving behind your old beliefs - and becoming the Manifestor you were supposed to be - a Designer of your Dream Life, I kindly ask of you not to rush it through the first two books.

Make sure you proceed with the practical part of the teachings only after having read the theory section in full.

Just one more thing before we advance - I will be using terms such as: Source Energy, Infinite Intelligence, Source Intelligence, God Within, Universal Intelligence, to name but a few.

You are free - and actually advised to do so - to replace any given name to that which best resonates with you, as they are all in essence ONE and the same.

It is however important that the term you personally choose will deliver the emotion attached to it as you go along.

And now as we finally move on to the 'Task at Hand',
Only this remains to be said -
Expect Miracles, and Nothing Less!

FIRST CHAPTER

the VOICE of the UNIVERSE

*“There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.
The most beautiful thing we can experience is the mysterious.
It is the source of all true art and science.
He to whom the emotion is a stranger,
who can no longer pause to wonder and stand wrapped in awe, is as good as dead
—his eyes are closed.
The insight into the mystery of life, coupled though it be with fear, has also
given rise to religion.
To know what is impenetrable to us really exists,
manifesting itself as the highest wisdom and the most radiant beauty,
which our dull faculties can comprehend only in their most primitive forms — this knowledge,
this feeling is at the centre of true religiousness.”*
-Albert Einstein.

the SPIRAL of EXPANSION

The Universe as we perceive it, observe it and experience it is not all there IS.
This formless substance is pure energy - a vibrating, pulsating, resonating,
magnetizing Force.

At the molecular level constantly in MOTION.

When addressing this wonderful idea, we have the choice of three different Aspects
which make up the One. In spiritual terms as God, Higher Power, Spirit or the

Universe. In mental terms as Infinite Intelligence, Universal Mind, Divine Mind, Formless Substance.

In scientific terms as Energy or Relativity or further more into Quantum Physics, where it is known as the Field of All Possibilities.

The mental, the spiritual, and the scientific aspects of the laws of life - any or all of it is there, for this Power - however we may conceive it - is the source of everything we desire.

It is perpetually awaiting our recognition and will create, attract, and guide us to inspired Action.

It will magnetize and mould itself to whatever form we desire if we align ourselves with it through certain laws - called Universal Laws.

Newtonian physics, or the mechanistic model of life, has coloured our thinking, creative processes, and external structures, for a while now, making us believe in duality and separation as ultimate realities.

But with the insights gained through Quantum Physics, alongside the wisdom of the Great Mystics, it is now known that this may be seen as more of an 'Omni-Action' than mere interaction, a Unified Field out of which multiplicity arises - the ONE appearing as the many.

As we dive deeper into the nature of reality, as described by cutting-edge Quantum physics and Mystics of every age, these ideas reveal themselves as a magnificent all-encompassing truth which in essence is the all that IS.

More than just giving us a larger framework in which to live in, this new model of life enables us to depend more on the invisible side of reality - 'Primary Causation' - than the visible.

We now know that the Atom, once believed to be the building block of life, is not solid at all - it is 99.999% empty space.

Hence, what we perceive with our senses, what we have built our whole world on, is based on 0.001% of reality.

If that number represented our level of sight, we would be walking around blind - which turns out to be truer than most care to admit.

So it would appear that everything is made up of *nothing*.

But this 'nothing' is quite full of 'Something' - vibrating with Energy and Information, it is the field of all that is - a field of Creation, a field of Opportunities and Life.

Within this field are we - like a wave upon the ocean - individual but inseparable. When we understand that we are not merely a person, but much more a state of consciousness without boundaries, we confront the reality that everything and everyone 'out there' is actually an extension of that which is 'in here'.

This invisible Realm of Energy and information is where divine ideas exist - where the flower blooms even before it emerges from a seed.

where the perfect idea of YOU is before you are born, and where the perfect idea behind everything, known and unknown, resides - waiting to be discovered.

The nature of the Eternal Realm, whether we call it God, Higher Power, or the Quantum Field, is Omnipresent, or in other words Everywhere-Present simultaneously.

But as that idea of Omnipresence breaks into space, it takes on progressive expressions of being everywhere present.

Our history of movement may well be seen as an example of the application of these laws into what we call our experience of life.

In this reality where the unfolding of the eternal idea of Omnipresence is consequent and expanding, we are actually Co-Creators on the 'Cutting Edge' of this field.

*'If the whole universe has no meaning,
we should never have found out that it has no meaning –
just as if there were no light in the universe and therefore no creatures with eyes,
we should never have known it was dark.
Dark would be without meaning'*
- C. S. Lewis.

The First CAUSE

Co-creation is the divine idea behind all Forms of existence.
An idea which is uniquely expressed through each of us.

This understanding of these fundamental archetypes or building-blocks of the Quantum or Spiritual realms are Omnipotence, Omniscience, Omnipresence, Infinity, and Eternity.

As we look around, we see unlimited forms of power, in people and objects, in an ever-expanding expression.

Omniscience - All Knowing, All Intelligence - hence, for example our ability to access almost any channel of knowledge we could ever need as an expression of this idea, as well as an expression of Omnipotence and Omnipresence.

We could also look at the idea of Infinity and realize that all expressions of space are relative expressions of this idea.

We contemplate Eternity, and realize that all expressions of time are expressions of that as well.

Once we have fully grasped these forms we further more come to the understanding that ideas such as Love, Peace, Freedom, Joy, Prosperity, Well-Being and Harmony are but expressions of these ideas, mixed and matched in an infinitely unique variety.

In this unified Field of Expression, we are completely supported. Everything is conspiring to awaken us to our True Identity and fulfilment of our Great Destiny.

We can relax into this truth, lean on it, and from this deeper sense of peace naturally allow our life to unfold in ways that are truly beyond our imagination.

When we realize the true nature of life and see that everything is already in this field within us, we drop the struggle.

We discover that self-actualization and true fulfilment are not about adding anything, but about SEEing our True Self.

Releasing everything, and allowing our life to unfold according to its perfect pattern.

As described by many authors, Artists, and Composers going through the process of creativity where they experience a sudden ‘Tapping Into’ this Dimension of their being, through which they can SEE the whole painting already done, or SENSE the whole book already written, or literally HEAR the completed piece of music playing.

In this ‘State of BEing’ we find ourselves as CHANNELS of CREATION taking ‘Divine Dictation’ .

*“Are you looking for me?
I am in the next seat.
My shoulder is against yours.
You will not find me in the stupas, not in Indian shrine rooms,
nor in synagogues, nor in cathedrals: not in masses, nor
kirtans; not in legs winding around your own neck,
nor in eating nothing but vegetables.
When you really look for me,
you will see me instantly —
you will find me in the tiniest house of time.
Kabir says: Student, tell me, what is God?
He is the breath inside the breath.”
—Kabir.*

COSMIC order

Most of us float along with the experiences of life. When everything is flowing smoothly as we expect it to be, we are happy.

If we end up in bad situations, we throw a temper tantrum and complain about how unlucky we are at life.

Being the passive observers, we assume the role of a victim when something happens to us which we actually had better avoided.

The knowledge of the ‘Law of Attraction’ helps us to wake up to the fact that everything that is happening in our lives is only the result of what we are constantly FEELING and THINKING.

This fact can liberate us from the position of a passive observer to a proactive one.

The Law of Attraction tells us that we can consciously choose our life experiences and by thinking and feeling positively, we can CHANGE our realities for the better.

The means to put it into practice is through the power of FOCUS -
As we shift our focus from the negative to the positive, we start to change the experiences in and around us which in turn completely change our life. Fact is, this power to create change exists for us all. Furthermore, we all use it without even knowing so, without exception.

*'All that we are is -
the result of what we have thought,
What we think, we become.'*
- Buddha.

universal THOUGHT

The law of attraction "began at the Beginning of Time" .

Evidence to this theory has been found in relics of many ancient cultures and old civilizations throughout History.

The existence of the 'LAW' was recorded on the Emerald tablet, dated 3000 BC - with the Inscription - 'As WITHIN, so WITHOUT' .

The ideas that make up the Law of Attraction can be also found in writings of all faith based religions throughout the centuries, to this day.

The Bible is filled with stories of individuals applying the Law of Attraction to tremendous effect, only they did not call it that.

Abraham, Moses, King Solomon, Paul, even Job - they all used it.

So did Mohammed.

As did Buddha, waiting by the stream for Enlightenment to come, Knowing beyond a shadow of a doubt that it would.

The Law of Attraction is the farthest thing from New Age.

It is timeless, and its application is as ancient as the origins of humanity.

The Law of Attraction is in agreement with religion because it recognizes a force that is at once part of us and greater than us, and from which all things flow.

That 'Source Energy' has many different names, but whichever one we choose to call it, the concept is the same.

In essence, it is merely in our role to express a desire and then to trust this greater power to guide us there, in doing so, ALLOWING - 'GOD' S WILL' , to Be Done.

It is the very core of Faith - and it is precisely what the Law of Attraction teaches.

There is nothing in the Law of Attraction that defies or negates any Religious Teachings.

For instance -

"Ask and Ye shall Receive" said Jesus,
and so does, the Law of Attraction.

The Law of Attraction preaches Acceptance - It teaches us how to become vibrationally Aligned with the idea of receiving that which we have asked for.

Once we have Asked for whatever it is we wish to receive, the Universe has already begun the process of delivering it to us.

The difference between this concept and religious doctrine is really just a matter of semantics.

If the word 'ASK' is replaced with the word 'PRAY' and the word 'UNIVERSE' with the word 'GOD' we realize we have literally summarized what pretty much every great world religion has to say on the subject.

Welcoming 'GOD' S LOVE' into our heart is the same as the practice of ALLOWING in the Law of Attraction.

Resistance is resistance, whether we are resisting God or resisting our own '*Deservingness*' of being Happy and fulfilled.

Trust is trust, whether we are trusting God or trusting that whatever we ask for, we are given - if only we are ready to Receive it.

For a Buddhist the ultimate purpose of life is liberation through purification of the mind.

In order to achieve this State of Mind one learns to practice Detachment instead of Attachment.

However, this could be fully achieved only by renunciation of everything existential and eventually becoming a Monk.

Ordinary people still expect Earthly Pleasure, and rightfully so.

In 'The DHAMMAPADA' - which is a collection of sayings of the Buddha in verse form, known as the Buddhist Scriptures - first and second verses says that -

*"ALL that we are, IS the result of,
what we have THOUGHT"*

and goes on to explain the misery that results from negative thoughts, as well as the joy that follows positive thoughts.

The Dhammapada also states that a "trained MIND brings HEALTH and HAPPINESS."

Throughout Buddhism, 'The Power of Mind' is emphasised.

Accordingly one can achieve good Karma' by having wholesome thoughts or positive thoughts all the time.

'Loving Kindness Meditation' in Buddhism if practised continuously with devotion would definitely bring marvellous result in changing the character for the better.

'Loving Kindness Meditation' starts with wishing kindness and compassion to own self, then one would spread the net of 'Loving Kindness' to all, including people one does not like, gradually.

This Auto Suggestive Messaging Method as applied during The Law of attraction practice could be regarded as an extension of the same concept of 'Loving Kindness' on one's own Self.

In Jewish Religion, The Law of Attraction is a popular idea that states that a person's attitude attracts matching occurrences.

Pessimism attracts misfortune, while optimism attracts good fortune.

The power of attitude to change the flow of a person's life is a tacit assumption of much of the 'TORAH' Literature - the central reference of the religious Judaic Tradition - particularly in that most influential source of common wisdom, 'PSALMS'

-

*"One who trusts in GOD, KINDNESS surrounds him!" and,
"Fortunate is the man,
who puts his TRUST in GOD!"*

The sages of the 'TALMUD' - which is the collection of writings comprising the central text of Rabbinic Judaism - similarly appear to take this law for granted.

For example, in dismissing as useless superstition a Folk-Omen to determine whether one's journey will meet with success or doom, the sages advise:

*"But do not do it."
Why not?
"Because perhaps the omen will be negative,
the person will worry,
and his fortune will go sour."*

The 'ZOHAR' - the foundational work in the literature of Jewish Mystical Thought known as - the 'KABBALAH' - describes this optimism effect in cosmic terms.

The Lower World is always ready to RECEIVE and is called a Precious Stone.

The Upper World only gives it according to its state.

If its state is of a bright countenance from below, in the same manner it is shone upon from above.

but if it is in sadness, it is correspondingly given Judgement.

Similarly, it is written:

“Serve GOD with JOY”

– because HUMAN JOY draws another, SPIRITUAL JOY!

Thus, just as the Lower World is crowned, so it draws from above.

It is in essence a Super-Rational conviction, one that has proven itself more powerful than any other idea in human history – That Life is Good, because its Maker is Good, hence, our Task in life is to Prove it So.

In Islam one finds a path of personal growth and spiritual development, ultimately culminating in awakening to the Divine Presence of God.

A very important idea in Islam, is optimism and the application of Positive Thinking.

Based upon the teachings of the Prophet Muhammad, this Path of personal development is known as – ‘AL-TARIQUAH’, and is also referred to in Arabic as ‘TAZKIYYAT AN-NAFS’, or “Purification of the Self,” and in English as ‘SUFISM’ .

The Prophet taught that the means to such purification is a Way known as complete ‘SURRENDER’ – through spiritual surrender, a human being will ultimately become purified of the source of negativity, fear and anger, that source being the Ego.

According to the teachings of the law of attraction “our LIFE is a MIRROR of our THOUGHTS”, thus, we are the ones who are responsible for what happens to us, whether it is good or bad.

One cannot deny the fact that it does to a great extent ‘ring true’ and can actually relate to one of the beautiful ‘HADITH QUDUSI’ - the collections of the reports claiming to quote what the prophet Muhammad said verbatim on any matter – wherein ‘ALLAH’ says:

“I AM as My servant expects Me to BE” .

Replacing what the law of attraction calls the ‘Universal Power’ with ‘Allah’, we find what it says is somewhat conforming with what ‘Allah’ commands.

In other words, that we supplicate with conviction and without having any doubts that our prayers are answered.

The practice of GRATEFULNESS and Gratitude are as well an integral part in the Teachings of the Islam.

One should feel grateful for the Good Things in one’s life and busy one’s heart and mind with feeling Joyous for the great things one already has instead of feeling sorry for those one does not have.

The law of attraction says that by so doing, one is INVITING more good events into one’s life.

Again avoiding the absolute control of human power alluded to here, this more or less conforms with what Allah says in the ‘QURAN’ - the central religious text of Islam – *“And when your Lord warned: If you are grateful, I shall increase My favours upon you …”* – Qur’ an (14:7)

Christianity is based on the teachings of Jesus Christ.

In one of his famous sermons Jesus directed his followers to ask for what they want with the Faith and Belief that they already had it.

In fact, he said anything that you ask for in a Spirit of Faith and Belief you would get.

According to The law of attraction Anything we give our Energized Thoughts to, and by energized is specifically meant Emotionalized Thoughts – thoughts mixed with Strong Emotions like excitement, Love, fear, anxiety, these will super-charge Thought Energy and set the Law of Attraction in Motion.

A clear example of this can be seen in Job 3:25, when he says:
*“Because a dreadful thing I have dreaded; it has come upon me.
And what I have been scared of comes to me.”*

The premise upon which the law of attraction is based on, is –
‘A Request with A Promise’ –

And is to be found dozens of times throughout the Bible.

The King James Version of the Bible says in Matthew 21:22 –

*“And ALL THINGS, WHATSOEVER,
ye shall ASK in prayer, BELIEVING,
ye shall RECEIVE.”*

The law of attraction says that anything you think about long enough and with enough Emotion, you will attract to you.

In other words, ask and it is given.

The law of attraction also touches on the idea that if our vibrational state, or our INTERNAL ENERGY, raises to a new, higher level, then the world around us will magically change to fit that vibration.

Conversely, if we operate on a lower vibrational frequency, our surroundings will match that as well.

In a scripture from the Bible-Titus (1:15) explains:

*“To the pure all things are pure:
but to them that are defiled and unbelieving, is nothing pure;
but even their mind and conscience is defiled.”*

A person with a pure heart can be in the same geographical location as another with a defiled frame of thought.

The pure will see and experience nothing but purity, and in the exact same physical environment, the defiled will see and experience nothing but misery.

*“The law of attraction will certainly and unerringly bring to you the conditions, environment and experiences in life,
corresponding with your habitual, characteristic, predominant mental attitude.” -Charles Haanel.*

a Field of INFINITE possibilities

Some of us use it unconsciously but do not know how it works.

This ‘Law’ actually works through our thought patterns.

When we think of something, vibrations are sent from the mind to the outside world and these vibrations act as a magnet that attracts what thoughts we have.

The universe and the law of attraction are simply responding to our thought patterns - real or imagined, current or remembered.

Whatever evidence we see around us is nothing more than the manifestational indicator of our thought.

Therefore, there is no such thing as an unchangeable condition.

However, in order to deliberately be able to benefit from this given universal power it requires an understanding of its basic traits, with the emphasis on the practice of our guidance system represented by our Emotions, and a willingness to deliberately focus upon - 'THINGS that, make us, FEEL GOOD' .

The Law responds to our thought, not to our current reality.

The Law of Attraction says that that which is like unto itself, is drawn.

In other words, that which we think, in any moment, attracts unto itself other thoughts that are like it.

When we withdraw our attention from those 'things' which are not pleasing, and we put our attention upon those things' which are pleasing, those pleasing things begin to become more abundant, while those 'none pleasing things' become rarer, until eventually, those 'none pleasing things' cannot be part of our experience because we will have eliminated the attraction factor from our vibration - hence, what we think and what we get always matches.

That is why whenever we are thinking about a subject that is not pleasant, more unpleasant thoughts regarding that subject are quickly drawn.

We find ourselves, in very short order, literally creating more of the undesired incidents.

When we change the thought, our reality must follow suit.

If things are going very well for us right now, then focusing upon what is happening now will cause the well-being to continue, but if there are things that are happening now that are not pleasing, we must find a way of taking our attention away from those unwanted things.

We have the ability to focus our thoughts - about ourselves, about our body, and about the things that matter to us - in order to move in a different direction from what is happening right now.

We also have the ability to imagine things that are coming or to remember things that have happened before, with the deliberate intent of finding good-feeling things to think and speak about.

In other words, we can quickly change our patterns of thought, and therefore our vibration, and eventually find alignment with which we desire.

For instance, when we would maintain a thought pattern of a childhood friend throughout the day, the brain will send out vibrations and attract things about that friend, eventually, we may be contacted by this friend or somebody may mention something about that particular friend.

Another example reveals yet another aspect of the law:

If we proceed with the thought pattern of -

"I do not wish to spill this drink on my new shirt" - we very quickly realize that the 'Law' ignores the 'NOT' part of the thought.

In fact, it only and at all times responds to the key words and acts.

So that the rephrasing of the above thought pattern into -

"My shirt remains clean" -

will eventually bring about the requested result.

Therefore, in accordance with this understanding we now are aware of the importance of - 'thinking in a positive form' pattern as a precursor for getting the desired results.

Positive Mental Attitude - known as PMA - is the philosophy of having an optimistic disposition in every situation in one's life attracts positive changes and increases achievement.

Adherents employ a state of mind that continues to seek, find and execute ways to win, or find a desirable outcome, regardless of the circumstances.

It opposes negativity, defeatism and hopelessness.

Optimism and hope are vital to the development of A Positive Mental Attitude.

SECOND CHAPTER

the INNER REALM

“The law of attraction works universally on every plane of action, and we attract whatever we desire or expect. If we desire one thing and expect another, we become like houses divided against themselves, which are quickly brought to desolation. Determine resolutely to expect only what you desire, then you will attract only what you wish for.”
- Ralph Trine.

deliberate ALIGNMENT

When we reach for an effective and lasting change in our thought patterns, we find that positive thinking as a pattern will as such be the dominant brain wave pattern, when we experience a state of Joy, Happiness, and Peace of Mind.

Simple enough, when we are happy our mind sends positive vibrations that eventually attract more of the things that make us happy so that we very quickly find ourselves creating a MOMENTUM which in turn changes our state of mind and therefore our REALITY.

However, with all that said we very quickly discover that the act of monitoring our infinite thoughts day in day out in an attempt to change every single one of them from the negative form to a positive one can be a very exhausting process if not impossible.

Fortunately, there is a simpler way of altering the way we think. There are methods which have proven to deliver highly effective results in a short period of time, with minimal effort as well as Long Lasting Effects.

*“Science is not only compatible with spirituality;
it is a profound source of spirituality.
When we recognize our place in an immensity of light-years and in the passage of ages,
when we grasp the intricacy, beauty, and subtlety of life, then that soaring feeling,
that sense of elation and humility combined, is surely spiritual.
So are our emotions in the presence of great art
or music or literature,
or acts of exemplary selfless courage
such as those of Mohandas Gandhi or Martin Luther King Jr.
The notion that science and spirituality are somehow mutually
exclusive does a disservice to both.”*
—Carl Sagan.

Intricacies of REALITY

When we address the creative LAWS of the Universe that govern our existence we usually talk of the laws of physics, the laws of chemistry, and the laws of mathematics, but are seldom reminded of the laws that govern the mental and the spiritual realms.

Furthermore, even though we may relate to them in some manner we are quite untrained when it comes to put them into use.

The recurrent assumption is that since it is not easily perceptible it may or may not be real in the sense of immediate evidence.

But this assumption is a misconception, built upon years of neglect to claim the presence of what is there for the taking.

This infinite power exists and its responsiveness is the proof of its magnificence. Once we choose to align ourselves with it we begin to experience the results in our immediate reality.

This responsiveness we commonly term ‘MIRACLES’ or Manifestations.

The laws work for everyone alike exactly as the law of gravity does, consistently and steadily.

Furthermore, we all use them whether we choose to or not, however mostly subconsciously and therefore without purpose of intention towards our desires.

By aligning to this force and putting it to the use on a conscious level we achieve the desired results and experience the joyful state of being we so desire.

The Re-establishment of this connection, the alignment with this magnificent power, this creative force of the universe follows from WITHIN through the channel of our subconscious minds in other words through our Thoughts and Emotions.

Combined with an understanding that we are not a person in the traditional sense, but a field of energy and information in the larger Quantum field – like a wave upon the ocean, never separate – we begin to see a bold new picture of how reality works.

We release the struggle of manifesting, creating a deeper sense of Inner Harmony and Outer Order, and are now able to RE – activate the laws of the universe in powerful ways.

In this unified field, we are completely supported.

Everything is conspiring to awaken us to our true identity and fulfil our great destiny.

We can relax into this truth, lean on it, and from this deeper sense of peace, allow our life to unfold in ways that are truly beyond our imagination.

“We are not human beings having a spiritual experience.

We are spiritual beings having a human experience.”

—Pierre Teilhard de Chardin.

MIND over MATTER

Our Real Self is an eternally perfect being made in the image and likeness of God, whereas our physical self is a relative, finite expression, made in the image and likeness of our ego.

It is the part of us that is born, gets a name, and will eventually die.

When we are more identified with the changeless, infinite part of us, we stay rooted in our core as our external world continues to change form and reveal our Ever-Expanding Good.

The invisible realm of energy and information is where the divine ideas exist, where the butterfly lives before it emerges through the caterpillar.

Where the perfect idea of YOU is before you are born, and where the perfect idea behind everything, known and unknown, resides – waiting to be discovered.

The first step in developing this new awareness is understanding the reality-creating mechanisms of consciousness.

How the experiences of the senses are an expression of mental and spiritual activity, not a reality in themselves.

We must RE- train ourselves to REMEMBER that all the good we could ever want, all the Joy, Peace, Love, Freedom, Fulfilment, Creativity, and Inspiration, is happening right HERE and NOW, within us and all around us.

We then come to the understanding that – ‘Heaven’, ‘Paradise’ or ‘Nirvana’ as described by a variety of Spiritual Leaders throughout history, these are all a state of consciousness where duality has dissolved and the essential peace and harmony of our being is realized.

This is not in the future, it is here now, waiting to emerge when the conditions are right.

Likewise, hell is a state of mind, the ultimate sense of feeling separate from our essential nature or God.

Because of these myths, fantasies, and false concepts about the way life works, we are often in a state of anticipating something in the future – good or bad.

From this state, activating the laws at hand, we find ourselves either running right into the bad we expect or forever waiting for the ‘hoped-for’ good to happen.

“What you are is God’s gift to you, what you become is your gift to God.”
—Hans Urs von Balthasar, Prayer.

Your higher SELF

When you come to the implementation of the Law of Attraction - or any manifestation technique for that matter - your desire manifests at the level of your current self-image, including your limited perceptions, fears, and past traumas - which can cause you to create things that perpetuate your old problems rather than improve them.

Therefore, your task at hand should be first and foremost about becoming - or more accurately revealing - more of who you already are.

In other words, unleashing your infinite, often imprisoned, potential.

Once this is achieved there is never a danger of attracting the wrong thing, because rather than trying to attract something you may perceive as missing - which is a reaction to a limited self-image - the alignment you have reached creates the inner conditions that cause your next evolutionary stage to unfold organically, bringing with it everything needed for its fulfillment.

NOW, only that which supports your highest potential can show up.

Furthermore, you will have reached the state of consciousness to fully enjoy your Heart’s Desires.

This will begin to shift your focus from the external effects to the source within you, and will RE-activate your innate wisdom to bring you the insights and opportunities necessary to grow to the next level.

As this happens, you will find moments of utter inner peace and bursts of inspiration which will guide and direct you on your Path of Self Realization and well-being.

All of which and in spite of having to do with the conditions at hand - in fact, even when things may not look so good, you will be able to feel good anyway, because you are becoming more rooted in the changeless, infinite nature of your real being than in the world of constantly changing forms.

When you realize this true nature of life and see that everything is already in this 'FIELD' within you, you drop the struggle and let things to naturally evolve in Perfect Harmony.

*"Dare to love yourself as if
you were a rainbow with gold at both ends."*
—Aberjhani.

WisdomWithin

The SELF when truly understood, is already perfect. Just as any seed of a flower contains the flower in itself in all its magnificence, the Self has everything it needs to fulfil its higher purpose. When the inner conditions are right, it naturally emerges, Bigger, Better, and more Abundantly than we can imagine.

Unfortunately, the vast majority of what we are taught directs us away from our Self. The obsessive drive to improve ourselves not only takes us further from true fulfilment, and covers up our original perfection, it ingrains many of us with a sense that we are more broken than when we have begun.

The very act of trying to improve ourselves often carries with it a seed of inadequacy that can grow into a larger feeling of lack, requiring greater attempts at self-improvement.

We need only look to nature for clues about how we are really meant to grow - Does the Seed of Flower have to improve itself in order to become a flower? Does the Caterpillar have to improve itself to become a Butterfly? The lack of awareness, or repression, of this authentic Self is at the root of the ingrained discontent most of us feel.

We have been born into a belief that our fate is determined by external conditions. In fact, the opposite is true. Like the Flower, we already have the perfect 'Blue-Print' and Mechanics within us to fulfil our greatest potential.

All that we need to do is create the right conditions and that potential will emerge organically.

The basic principle is as follows:

When we tap into the seed of Divinity Within us, and cultivate the conditions for its growth, no matter what limitations appear out there, the destiny for which we were born will emerge as naturally as the seed blooms into a Flower.

But whereas the seed is indigenous because its successful emergence is determined by external conditions, humans are endogenous, because our unfolding is determined by internal conditions.

This is a great truth that can set us free to realize that no matter what side of the tracks we were born on, no matter what the current conditions are out there, and no matter what race, colour, or creed we are, when we create the right inner conditions, the greatness already within us will unfold.

*'We are what we think.
We become what we believe.
Our life is what we visualize.
Our life is what we say it is'.*
-Barbara Berger.

Illusions Apparent

But that is not how most of us were raised. We were raised to believe we are victims of external conditions, and that our external conditions, to a greater or lesser extent, determine how high we will grow and how far we will go.

Most of the tools we are using to grow ourselves, our businesses, our families, and our organizations to the next level are artefacts of an old evolutionary paradigm based in duality, scarcity, and a Newtonian model of cause and effect - all of which have been shattered by discoveries in the fields of Quantum Physics, Cutting-Edge Brain Science, and Mind-Body Medicine.

Even many sincere spiritual teachings of the new age when not combined with an understanding of this law, often lead to just spiritual materialism - causing the same stress, struggle, fear, and failure that so many of us suffer from.

We are brought up with a material concept of the world, believing the concept of an inner world and an outer world which are somehow separated.

But this is an optical illusion - or delusion.

In other words -

Everything we feel, see, taste, touch, as well as every relationship we have happens - FIRST, in our consciousness.

This is a liberating realization because it puts the full determining factor of our experience squarely on us, rather than anything or anyone out there.

This is a position of ultimate empowerment as we learn to RE-emerge into the role of the Authors and Authorities of our life.

Clearly the fact that our waking world FEELS real does not make it true.
Our eyes do not actually see, nor do our fingers feel.
Our MIND does! We do not see because we have eyes, we have eyes because seeing is a quality of our consciousness. As we come into this new awareness, another realization emerges - all power resides in consciousness, hence in US.

With this in mind we may find that even while practising spiritual principles, we will - at first at least - fall back into this pattern of thought, making us believe there are still outer forces which determine, to some extent, who we can become and what we can achieve.

These beliefs we harbour in us were given to us along our journey by authority figures in our immediate environment - as we were growing up, during our formative years - such as our parents, family members, teachers and so on.
Later to be reinforced in a wider spread manner through governments, communities and institutions around us.

All of which leads us to a whole Belief System that has us waiting for things to change externally in order for us to live the life of our Dreams.

*'Nothing is more important than reconnecting with your bliss.
Nothing is as rich.
Nothing is more real'.
- Deepak Chopra.*

subconscious DELUSIONS

We are constantly convinced there is always some external excuse for why we cannot do or be what we most deeply desire.

But the truth be said, despite appearances to the contrary, is that nothing and nobody out there has any power over us.

We may go through the experience of powerlessness but that is solely because we first BELIEVE we are powerless.

These false beliefs as we come to see them as such are deep ingrained in our subconscious, and play a key role on all levels of our existence.

Therefore -

Our main purpose should be to emerge beyond them in order to evolve into our destiny. We are already WHO We are seeking. We already HAVE it ALL.

But most of our potential is invisible, waiting to be activated by our Attention and Intention.

Suffice to say, as long as we are overly focused more on what we can see, touch, hear, and feel, we are cutting ourselves off from the vast majority of our potential, and making ourselves a prisoner of external conditions and the vicissitudes of human living.

The latest discoveries in Epi-Genetics has even begun to prove this scientifically.

Whereas we used to believe that our genes controlled us, we now know that it is the environment that our cells are in, that determines whether or not a gene is turned on or off.

Furthermore, this environment is determined not merely by what we put into our body, but by our Emotional and Mental state.

This has been further proven through the science of Psycho-Neuro-Immunology, where research has shown how every thought and emotion creates the corresponding Neuro - chemicals that impact the body - creating the inner environment for the cells.

So it is ultimately our state of consciousness that determines our genetic disposition, not our genes, ...not germs, and not heredity.

To follow this line of thought and into the realms of the science of Quantum Physics and the 'observer' effect we now hold the belief that we are not merely a body, but a field of energy, and what we EXPECT and Pay Attention to determines what we 'Draw Out' of the Field into our Experience.

THIRD CHAPTER

VIBRATIONAL COUNTENANCE

*"Everything you are seeking is seeking you in return, therefore, everything that you want is already yours.
It is simply becoming more aware of - what you already possess."
—Bob Proctor.*

the Cultivation of AWARENESS

As YOU as yourself are now present and participating, more conscious of your inner conditions - perhaps for the first time - you will most likely run into the thicket of negative thought that has taken root in your mind.

At first, it might seem as if 'this work' is causing it, but fact is, it was always there.

That is the reason why you choose to spend as little time in your present mind and heart - it is too painful.

But whether you are conscious of these weeds or not, they are clogging your vital energy, choking off the seeds of your potential, creating the conditions for limitation rather than growth.

Tread lightly here at first however, or risk getting bloodied by this thorny thinking.

Maintain a gentle but diligent awareness through this sometimes perilous passage, and it will lead you into the heart of the present - and the Presence.

The first rule at this stage is -
No-Judgement,
But rather SELF LOVE and SELF ACCEPTANCE.

Whatever exists in your consciousness - thoughts, feelings, ideas, beliefs, and images - as such they are only repeated thought patterns that have evolved into beliefs.

They are by definition not good or bad, they just are.
But they are not who YOU really ARE.

You did not even create these limiting beliefs they were given to you as part of the universal false belief system.

At best you just interpreted them in your own creative way.
There is actually nobody to blame for this way of thinking, especially not yourself.
What is more, it is only your attachment, identification, and resistance to them that gives them power.

The very act of judging, fighting, or resisting fuels the object of struggle with your energy.
Without your energy it would be nothing, an inert perception.
As you take the time to become aware of your thoughts and no longer let them completely run you, you will become more and more aware of those chronic mental and emotional patterns.
As you move through this, remember it is a process not a destination.
So even if you do not seem to have control over what thoughts flow through your mind, you always have control over your reaction to them.

*“First comes thought;
then organization of that thought, into ideas and plans;
then transformation of those plans into reality.
The beginning,
as you will observe, is in your imagination”.*
- Napoleon Hill.

NOW and nothing but

In the course of our life and at various times during any given year, we find ourselves contemplating about our future:

... ‘Will we have one -
will it be better or worse -
what do we have to do to make it brighter -
do we even have any control over it?’ ...

It is as such a constant concern which puts us in a chronic state of fear and anxious anticipation on the one hand or positive expectation on the other.

But both attitudes can be limiting in a way, as both create a separation from the thing we want.

The truth is, we do not have a future any more than we have a past.

The past is a memory, the future is a fantasy, and even the present is imagination.

All we have is NOW.

This is different from the present, where we can still be experiencing reality through the filters of our perceptions and projections.

But in the real now, the eternal unchanging now, there is a perfect pattern of INFINITE

GOOD that has nothing to do with our thoughts about it, is not a product of our past, and will not someday come in our future.

In this now moment, every Real Thing that ever was or ever will be, is fully present. The best possible idea and expression of all that is, is here now, fully expressed. It cannot be achieved, it cannot be earned, it cannot be improved upon, and it cannot be destroyed. It IS what IS, and it is the only thing that is.

And YOU are IT.

Our real 'LIFE' S WORK' or purpose, if you will - is to stop anticipating some future, but to start participating in it now.

We must tune in, tap in, and open up to this IS, so that it can fully shine through and as us, making us instruments through which its eternal music plays - filaments through which its light shines.

This is what Plato's 'Realm of Perfect Forms' represents, or Buddha's 'Nirvana', or Jesus' 'Kingdom of Heaven' - to which he said was at hand now, even though the people kept asking him - 'when is HEAVEN coming' .

So why is this important to know - What IS the practical purpose of such a philosophical perspective?

Because until we accept this, the majority of our efforts - even our spiritual or self-help efforts - will be projecting our good into the future, coming from a sense of separation from the thing or condition we want, and will always create more lack or limitation.

Even if we get the thing we affirm, pray about, or strive for, we run the risk of disappointment as we may discover we have not found THE Peace, THE Joy, and THE Fulfilment that is always actually what we were really seeking.

The reason is that in all of our desires, the only thing we are really after is the 'State of Being' which that achievement of that desire would bring us, and that can never be found in the future or in any condition, but only in the now, in our activation and acceptance of it as our Intrinsic Nature.

It may help to picture it as follows -

Your favourite music is already broadcasting, but you must tune into that station where it is playing.

When you do, you will hear that ... 'Rhythm of JOY and the symphony of SUCCESS' . You will have achieved Vibrational Alignment, and only then a 'MANIFESTATION' of your Desires is an Immediate GIVEN.

'The most wasted of all days is one without laughter'.
- Nicolas Chamfort.

Re-claiming BLISS

At the heart of the Law of Attraction is the following thought pattern -
Everything you could ever want or want to be, everything you will ever have or
achieve, is already happening now.

You do not have to wait another moment, another day, another season, you just have to ACCEPT it!

Your task at hand is nothing more than to create a practice and structure that keeps you in the FEELING of it, then begin 'Dancing to that Beat' of Abundance, Prosperity and Well-Being.

The Life of your Dreams begins to evolve all around you.

Serendipities and Synchronisities are part of your daily experience.

Momentum has been created. You are Now.

You are your Visions,

You are your Aspirations,

You are your Desires.

You cannot be 'IN-JOY' while dwelling on your financial challenges, or your health worries, or your relationship issues.

The very act of giving it thought empowers it further whatever it is, for better or for worse.

'In OPTIMISM there is - MAGIC.

In pessimism there is nothing. In POSITIVE EXPECTATION - there is thrill and SUCCESS.

In pessimism or awareness of what is not wanted - there is nothing' .

Our way out of doubt and challenge is to redefine our RELATIONSHIP with the Stream of Well-Being and learn to Trust it.

We will find it is in fact nothing more than the Art of moving our GAZE in the desired direction.

When we deliberately change our perspective - for instance by making a CONSCIOUS CHOICE over the people around us with whom we interact, or by choosing the places we choose to spend our time exploring - we gradually become familiar with the concept of JOY.

Once we have found this place, and we establish the EXPERIENCE of positive expectation, The Universe immediately sets on providing us with Evidence of that Well-Being, moving People, Circumstances, and Events to bring us that Joy.

We become familiar in our knowing that - all IS well.

"I believe that the very purpose of our life is to seek happiness."

— The Dalai Lama.

for the sake of HAPPINESS

Every human being on the planet wants to be Happy.

Anything that anyone desires is because they think their desire will make them Happy.

Whether it is better Health, more Money, a Loving Relationship, Material Things, or Accomplishments.

The Desire for Happiness is the bottom line of all of those wishes.
Permanent happiness is a State of Mind or better said - a State of Being that is the product of making a conscious CHOICE to be permanently happy.
When you choose happiness, then you attract all the 'HAPPY THINGS' as well.
The 'happy things' are the 'icing on the cake' .
But the 'cake' is HAPPINESS at All Times.

Following this premise many varied teachings and accompanying techniques have been suggested in order to reach this place of personal Bliss.
Here, I will present but a brief overview on the subject as to just point out the basics of that which will later be discussed and further practised in Part II of this book.

I ask you not to be neither deterred nor overwhelmed by the impact of these teachings.
They serve only as a Bridge of sorts which purpose is to transport us to the next conceptual level.
Also, as you will soon discover, there are easily applicable Methods to overcome these hurdles.
This will be made even clearer through the unveiling of the 'Glad Game Revisited' Modalities soon enough.

In Buddhism causality is accepted as natural law.
Therefore, if there are certain types of events that we do not desire, then the best way of safeguarding against those events taking place is to make sure that the causal conditions that normally give rise to those events do not arise.
Similarly, if there is an event that we would like to take place, then we should seek the causes and conditions that give rise to that event.

This same principle of causality can be applied to our mental states.
If we desire happiness, we should identify those factors which lead to happiness and those factors which lead to suffering.
Having done that, we can gradually do the following:
Eliminate those factors which lead to suffering from our life.

Cultivate those factors which lead to happiness.

In other words, one achieves happiness through learning which mental states to cultivate and which to eliminate, and then making a sustained effort to implement this knowledge.
Positive mental states which lead to happiness include - Love, Compassion, Patience, Generosity.
Negative mental states which lead to suffering include -

Hatred, Greed, Envy, Frustration.
Deliberately selecting and focusing on positive mental states which lead to happiness, and challenging negative mental states which lead to suffering, requires a systematic training of the mind.

This approach of focusing on our mental outlook, places the secret to happiness within our own hands,

Instead of leaving it at the mercy of external factors, most of which are not within our control.

The Dalai Lama summarizes his point as follows:

“As long as there is a lack of the inner discipline that brings calmness of mind, no matter what external facilities or conditions you have, they will never give you the feeling of joy and happiness that you are seeking.

On the other hand, if you possess this inner quality, a calmness of mind, a degree of stability within, then even if you lack various external facilities that you would normally consider necessary for happiness, it is still possible to live a happy and joyful life.”

The ability to shift perspective is one of the most powerful and effective tools we have to help us cope with life's challenges.

Researchers have conducted a number of experiments which demonstrate that one's level of life satisfaction can be enhanced simply by shifting one's perspective and contemplating on how things could be worse.

When problems arise, our outlook often becomes very narrow, because we normally tend to focus all of our attention on worrying about the problem.

However, what we should do is shift our perspective by doing the following:

Looking for opportunities which could arise from the situation.

Taking a wider perspective.

Thinking of how things could be worse.

Thus, realize that difficult situations are often opportunities for Growth, As Shifting our perspective can make the problem seem smaller and more manageable.

How we feel at any given moment has little to do with the conditions themselves, but is rather a function of how we perceive the situation and how satisfied we are with what we have.

When a situation is causing negative emotions, we should spend some time seriously searching for a different perspective on the situation.

A key component to happiness is adopting a flexible, malleable approach to life.

“The modalities of awakened doing are acceptance, enjoyment, and enthusiasm.

Each one represents a certain vibrational frequency of consciousness.

You need to be vigilant to make sure that one of them operates whenever you are engaged in doing anything at all – from the most simple task to the most complex.”

~ Eckhart Tolle.

an EMOTIONAL SHIFT

In his teachings Eckhart Tolle addresses the idea of the background of unhappiness as a deep rooted 'state of being' people experience almost constantly. It is a general feeling of discontentment, resentment, and irritation that is present in the background as they go through their everyday lives.

This feeling is fed by unconscious thoughts that go along the following lines:

'There is something that needs to happen in my life before I can be at peace (happy, fulfilled, etc.).

And I resent that it hasn't happened yet' . or -

'Something happened in the past that should not have happened and I resent that. If that hadn't happened I would be at peace now' .

Most of us constantly tell ourselves stories of how we will be at peace at some point in the future once a certain Event happens, or when we Reach some Goal we have set for ourselves, or if we Become 'This or That' .

Sometimes the story is about how we will never achieve peace of mind or happiness because of something that happened in the past.

Tolle goes on to say that in order to be happy we have to - Make Peace with the Present Moment.

Along these lines he goes on to describe the observation of the 'two Ducks in a Pond' Ritual following a fight:

"...They separate and float off in opposite directions.

Then they each flap their wings vigorously a few times to get rid of the surplus energy that built up during the fight.

After flapping their wings, they float on peacefully, as if nothing had happened' .

However, if the duck had a human mind, it would probably tell itself a story such as the following:

... "I can't believe he just did that. Who does he think he is?

The nerve . . . he has absolutely no consideration of others.

He thinks he owns this pond.

I'm sure he's already plotting some new way to annoy me.

He's not getting away with it; I'll show him." ...

The lesson we can learn from 'the Ducks Tale' is this: flap your wings - That is, shake off the surplus energy you feel after a negative encounter. Become AWARE of the Stories you are constantly telling yourself in the back of your mind of -

'why you cannot be happy now' .

Let go of the stories you are telling yourself, and return to the only place of power:

The Present Moment.

DECIDE that being Happy and at Peace - is more important to you than being right.

In addition, and even more important so, you need to become attentive to Your Thoughts and Emotions.

Ask yourself constantly:

“Is there any negativity in me at this present moment?”

That does not mean judging yourself in any way.

Instead it does mean you are becoming discerning about what you choose to ‘Plant and Let Grow’ in your ‘Inner Environment’ .

If you are walking around with a thought pattern that you are ‘worthless, unlovable, and probably will never succeed - you can now recognize that, for what it is and come to a choice as in a turning point to accept or replace it with a more nourishing Belief.

All of our Thoughts and Beliefs, no matter how good or seemingly bad, are ‘just beliefs’ .

They are neither true nor false necessarily.

They are just our Perception of Reality.

Furthermore -

watch out for thoughts that attempt to explain or justify this unhappiness but in reality cause it.

Once you become aware of a negative state within yourself you realize that you are not those thoughts, emotions, or reactions.

Instead, you are the conscious presence that is witnessing those states.

And at that moment - in which you create a disconnection between your thoughts and yourself - you can CHOOSE to simply change the Thoughts and Beliefs that are causing the background unhappiness in your life.

It is impossible for you to be angry and laugh at the same time.

Anger and laughter are mutually exclusive, and You Have the Power to Choose either!

AFTERWORD

*'Your doubts are ebbing,
trust is established.
your confidence is rising,
you live in the knowing.
You are countenance at all times,
the sign of inner peace of mind.
the smile on your face,
as you are blessed
with the gift of Joy! '
- Awa.v.H*

LAST WORDS

The thoughts that you think will - wanted or not wanted - eventually become manifestation if your Vibrational Accord is sufficient enough...

And so, you could say, as you are -

... 'launching thoughts of appreciation' and things that make you feel good, that you are filling your 'Vibrational Escrow' full of all kinds of things that are going to please you, when you get there' ...

It is a STEADY STREAM, and it does not matter how many of opportunities you have missed.

The only thing that matters is what are you doing right now in your vibration.

And you can tell what you are doing right now in Your Vibration by the way you FEEL.

Law of Attraction says -

'That which is Like unto Itself is Drawn' .

Which means-

VIBRATIONS ARE ALWAYS MATCHED!

So, as you experience the CONTRASTS - meaning, moments or occurrences which are not in Accordance with that which IS Your Vision - which inspires the new idea within you.

This new Idea - This Desire - whether it is a strong one or a soft one, is summoning unto itself proportionately.

And as IT summons, IT IS always ANSWERED.

It is the basis of our Universe -

When it is Asked, it is Always Given.

Alas,

common and wide spread confusion surrounds this chain of events.

The wide spread belief is that all which is desired is through words, or even actions, manifested into reality.

But the Universe is not responding to your words or your actions.

The Universe is responding to your - VIBRATIONAL CALLING.

*... 'At the heart of every condition is a Vibrational Pattern—a rather minor 'tweaking of vibrational patterning' - sort of like the hub of a wheel - which can affect tremendously out there on the peripheral of this big wheel...
... 'A little bit of Tweaking' on the Emotions can make A Big Difference in the way the physical manifestation occurs' .*

THEREFORE-

Stay dedicated to the Goal of Feeling Great.

While, the act of attracting things remains secondary.

Remind yourself that by Feeling Good your Energy will attract Good Things into your life automatically.

If your Goal is to be Happy,

then whatever the conditions are is immaterial.

Establish the habit of FOCUSing on the aspects that promote your 'Good Feeling Place', hence, your offering of a compatible Vibrational Alignment.

By constantly sorting out, adjusting and concentrating on your objects of attention, you will keep your constant vibrational stance intact, thus, summoning up your Object of Desire

into Your Experience.

True Happiness IS Your Manifestation.

Trust that through the process of 'clearing the Space for the Greatness Within', the universe is guiding you to the Assignments you need, to assist your healing and move you towards Your Goal.

Trust that the more you Trust, the more situations will be attracted into your life for your Higher Good.

Focus on what you want while rejecting all that is counterproductive or in negation to the frequency you have established.

Remain adamant while doing so, even if it means ignoring certain circumstances, choosing not to engage in certain actions and conversations of negative nature.

Do not apologize for what you want!

Keep clarifying how you want to Feel.

Which is what will make your manifestations come to form.

Spend time *'sitting in the feeling'* of what it is you desire, daily.
This can be done through visualization exercises, meditation, or even when you are exercising.

The more you *'Feel the Feeling'* you desire, the more you will BELIEVE that IT IS on its way.

Consider the following Statement -

*"Those who are certain of the outcome,
can afford to wait and wait,
without anxiety."*

Take this Statement to Heart and live by it.

Allow your faithfulness to guide you and TRUST that the Universe has a Plan for You.

You cannot control the form or timing in which
what you want appears.

Let Go!

Know the Universe is with You.

As your disbelief continues to dissipate,
what you want is replaced by KNOWING!

This is a healing process that leads to an inner understanding that -
You Are Right Where You Need To Be!

Remain aware of your intuitive skills, and Natural Spiritual Abilities in order to be able to tap into your Inner Wisdom and Innate Spiritual Guidance System.

You will be gaining Clarity, Confidence and Insights which are in direct Alignment with Your Highest Good.

You will be masterfully upgrading your experience constantly.

Accepting your Excellence in This exact Moment is what will manifest even more excellence.

Commit to this process and trust that you are really
Where You need to Be.

If your top desire is to Feel Good, trust that you will be given 'the things you need' to create a CONSTANT FLOW towards this feeling.

While feeling good is your True Manifestation, all that comes with it is simply -
'icing on the cake of life' !

“I have lived with several Zen masters – all of them Cats”.
- Eckhart Tolle

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APPENDIX

Pollyanna, Eleanor H. Porter

Pollyanna is a best-selling 1913 novel by Eleanor H. Porter that is now considered a classic of children's literature, with the title character's name becoming a popular term for someone with the same very optimistic outlook.

Also, the subconscious bias towards the positive is often described as the Pollyanna principle.

The book was such a success that Porter soon produced a sequel, *Pollyanna Grows Up* (1915).

Eleven more Pollyanna sequels, known as "Glad Books", were later published, most of them written by Elizabeth Borton or Harriet Lummis Smith.

Further sequels followed, including *Pollyanna Plays the Game* by Colleen L. Reece, published in 1997.

Pollyanna has been adapted for film several times.

Some of the best known are Disney's 1960 version starring child actress Hayley Mills, who won a special Oscar for the role, and the 1920 version starring Mary Pickford.

Plot Summary -

The title character is named Pollyanna Whittier, a young orphan who goes to live in Beldingsville, Vermont, with her wealthy but stern and cold spinster Aunt Polly, who does not want to take in Pollyanna, but feels it is her duty to her late sister.

Pollyanna's philosophy of life centres on what she calls "The Glad Game," an optimistic and positive attitude she learned from her father.

The game consists of finding something to be glad about in every situation, no matter how bleak it may be.

It originated in an incident one Christmas when Pollyanna, who was hoping for a doll in the missionary barrel, found only a pair of crutches inside.

Making the game up on the spot, Pollyanna's father taught her to look at the good side of things—in this case, to be glad about the crutches because “we didn't need to use them!”

With this philosophy, and her own sunny personality and sincere, sympathetic soul, Pollyanna brings so much gladness to her aunt's dispirited New England town that she transforms it into a pleasant place to live.

The Glad Game shields her from her aunt's stern attitude:

when Aunt Polly puts her in a stuffy attic room without carpets or pictures, she exults at the beautiful view from the high window;

when she tries to “punish” her niece for being late to dinner by sentencing her to a meal of bread and milk in the kitchen with the servant Nancy, Pollyanna thanks her rapturously because she likes bread and milk, and she likes Nancy.

Soon Pollyanna teaches some of Beldingsville's most troubled inhabitants to “play the game” as well, from a querulous invalid named Mrs. Snow to a miserly bachelor, Mr. Pendleton, who lives all alone in a cluttered mansion.

Aunt Polly, too—finding herself helpless before Pollyanna's buoyant refusal to be downcast—gradually begins to thaw, although she resists the glad game longer than anyone else.

Eventually, however, even Pollyanna's robust optimism is put to the test when she is struck by an automobile and loses the use of her legs.

At first she doesn't realize the seriousness of her situation, but her spirits plummet when she is told what happened to her.

After that, she lies in bed, unable to find anything to be glad about.

Then the townspeople begin calling at Aunt Polly's house, eager to let Pollyanna know how much her encouragement has improved their lives; and Pollyanna decides she can still be glad that she at least has had her legs.

The novel ends with Aunt Polly marrying her former lover Dr. Chilton and Pollyanna being sent to a hospital where she learns to walk again and is able to appreciate the use of her legs far more as a result of being temporarily disabled and unable to walk.

about the AUTHOR

Reaching from a place of Respect, Truth, Integrity and Love, Alva honours our Free Will and recognizes that we are all Co-Creators of our own Reality with the Universe.

Her Intention is to Guide us, to Heal from the past and to Realize our Full Potential in the NOW.

Furthermore, to assist us on our own Journey of Spiritual Discovery and Personal Growth, while encouraging us to live an Authentic Life through Awareness and Empowerment.

In her Book, Alva Invites us to begin our Life in a New Way and 'tap into' our Inner Power as we explore who we REALLY are -

An Invitation to refrain from simply existing and elect to live our Life FULLY without regret.
Alva's 'the Glad Game Revisited' Course provides 'Tools' and Exercises to assist us in
creating this deserved life of our Visions and Aspirations.

It offers Insights and Reminders which make this wonderful Journey Home easier, more
Harmonious and IN ALIGNMENT with the mastery that is already embedded WITHIN us
all.

This WORK confirms a life-long VISION that she had felt since childhood - to reach beyond
the physical, into the outer Realms, and allow for the Experience of this Connection with the
Source of All that IS.

THANK YOU

for taking the time to read my eBook
'The Glad Game Revisited' - Your 21 Day Journey Into Vibrational Alignment
Book I - Divine Orchestration

In order for you to further Your Experience on Your Path of Joy, Abundance & Self
Discovery...

I would like to invite You to take advantage of
My complementary Free Gift to You

['The Art of Self Love & Self Acceptance' - eBook & Audio Collection](#)

Hopefully, you have found these teachings enlightening & inspiring.
In which case I would like to encourage you at this time, to move along this path
with the next step -

'The Glad Game Revisited' - Your 21 Day Journey Into Vibrational Alignment
Book II - [the 'Glad Game Revisited' - Course](#)

For further Information, Queries or Comments, please do not hesitate to write to me
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*For The Joy Of Life,
Alva v.H*