

SELF HATRED

**Unlocking The Secret to
Happiness**

**A Free Guide Written by
Chaun Conscious**

AN INTRODUCTION FROM CHAUN

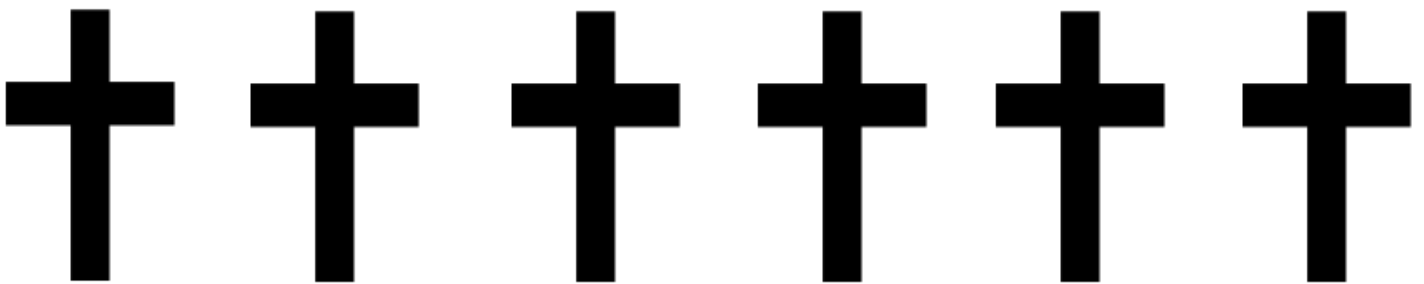
**May this Guide serve to reveal the Truth
of Your Divine Nature and allow You to
see the True Fullness and Brightness of
Your Potential, Your Beauty and Your
Divine Quality.**



Love, Chaun Conscious. x

In The Beginning God Created Hatred

In the beginning God created everything by love. In the beginning God rejected Himself to experience that love. When God rejected Himself a new emotion was born. This emotion is called self hatred. For God so loved the world that He allowed Himself to experience self hatred.



Why Are We Talking About Self Hatred?

If we are not loving ourselves we are hating ourselves and the easiest way to learn what self love looks like is to learn what self hatred looks like.

One of the reasons why self hatred is so destructive is because it is silent. I call self hatred the Silent Devil. Why silent? Because the more strongly we vibrate as self hatred the less likely we are to be aware of it. A quick test is to feel how offended we are by the suggestion that we may hold a vibration of self hatred.

The stronger the feeling of anger or offence the more likely it is that we vibrate strongly in this vibration. It is the shame of this vibration which keeps it suppressed.

Even though shame keeps the vibration of self hatred mostly suppressed and unconscious, we know that it is energetically impossible to feel something that is not already within us. Hence, we cannot be offended by someone or something unless we already *are* the feeling when we *feel* offended. When we are offended, what we feel is anger, shame, rejection or disdain, but we are in a place where we are unable to identify with these emotions as our own.

The Vibration of Self Hatred

The vibration of self hatred is the vibration which says that there is something wrong with the individual. When an individual believes that there is something wrong with them then they necessarily also believe that there is something wrong with the world. If there is something wrong with the world then there is something wrong with the way God designed it, however we know that it has been designed to

perfection.

The vibration of self hatred is also the vibration which instigates a subliminal assumption that we are hated by other people for no apparent reason. When we feel that we are hated by other people for no apparent reason then we see the world and its inhabitants as not only unsafe but also as hugely threatening. We may declare that we hate the world, however, we cannot hate the world without also hating ourselves. It's just not the way energy works.

The Definition of Self Hatred

Even though the mention or suggestion of self hatred can cause offence, in reality, most people suffering with feelings of self hatred are completely unaware of it. Put simply, self hatred is the degree to which we do not accept our ourselves as we are now – including our feelings, our likes, our desires, our nuisances, our

personality, our life style and our life choices both 'past' and present.

Self hatred is both the extent to which we disapprove of ourselves and the extent to which we disagree and criticise the way we think, the way we behave, the choices we make and the feelings we hold. When we vibrate strongly in the vibration of self hatred we care deeply about what other people think about us – this anxiety plays out constantly both consciously and subconsciously.

To talk about self hatred is to include all facets of feelings of hatred, including disdain, despair and disapproval. Because the feeling of self hatred tends to be deeply suppressed and unconscious to the beholder, we tend to instead direct the feeling of self hatred towards 'other' social groups.

All our emotions get expressed, either consciously or

unconsciously, so if we are not aware of how we exhibit self hatred towards ourselves, we will necessarily direct this hatred elsewhere - it's just the law of energy. Energetically there is no such thing as 'other' – and therefore we are a vibrational match to every individual and every social group that we find ourselves fixated on.

Seeing Ourselves in The 'Other'

If you are aware that you strongly disapprove of parts of yourself then energetically you are already moving to a place of freedom from it – for we move energetically where our intention goes. At a certain level of spiritual advancement we learn that God has created everything through energy and energy cannot and is never separate, so for example, it is energetically impossible to project feelings of hatred towards an 'other' without also holding that exact frequency.

This is the Law of Energy and it is the founding principle behind God's creation of the Universe.

The easiest way to recognise hatred within yourself therefore is to look at how frequently hatred shows itself within those around you. Do you often find yourself surrounded by lovers or friends who show signs of self hatred?

Do you tend to engage in conversations which are 'rejection' based - either arguing about points of view or tending towards a serious or intense nature - such as heavy religious or political debates? Do you often have conversations where it feels as though you are fighting to be heard or seen? These are all signs that not only you, but also those around you, vibrate strongly as hatred without really realising. We are an energetic match to all of the people in our lives including friends and family.

Seeing ourselves in the 'Other' is an effective way to recognise the vibration of self hatred within us. Do know that, like all vibrations, the vibration of self hatred is not a switch that we either have or do not have, rather instead **it is the degree to which we vibrate this way**, as opposed to vibrating in a more loving vibration.

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How Self Hatred Turns into Hate for 'Others'

We have already learnt that when we strongly operate from a vibration of self hatred it is usually completely unknown to us. Therefore in very dense states of self hatred we may find ourselves hating or disapproving of certain sections of society and not really understanding why do this. For example a Christian individual may really believe that they are a person of love and at the same time preach that gay people are wrong and

damned for hell.

We cannot believe that someone else is wrong without also holding an unconscious belief that we are in some way wrong. To believe that there are some people who deserve to go to hell depends on a firm belief that some individuals are unworthy of God's love and when we believe that some people are unworthy of God's love we necessarily also believe that there are conditions

under which we may also stop deserving to be loved. When we believe that there are conditions or circumstances which warrant that we are no longer loved then we vibrate strongly as self hatred without conscious awareness of it.

The conditional nature of love is unconditional. There are no circumstances where we are undeserving of

God's love, where God here means the totality of the Universe and all that is contained within it. We are forever loved by the Universe, unconditionally, regardless of what we do or do not do. To not believe that this is true is to be an embodiment of self hatred.

Hatred Creates An Illusion of Separation

When we are densely concentrated as self hatred we are only able to recognise this vibration within us in the way that it gets expressed through hating 'other' people. When we 'hate' other people we necessarily regard them as 'separate' or 'wrong' in that moment. The more separate we see ourselves from other people the more we vibrate as self hatred. Separation is an illusion. Oneness, which is love, is the only Truth and the extent to which we see others as 'wrong' is exactly proportional to the extent to which we feel wrong (for

existing).

If you feel extremely wrong for existing it is very very likely that you were born into one of the monotheistic religions. To believe that we are born into sin and that we necessarily require salvation is to believe that we are born wrong. To believe that we are born wrong is a manifestation of self hatred.

Religion as a Manifestation of Self Hatred

Christianity has been an energetic match to acts of violence and hatred since its invention for this precise energetic reason. A doctrine cannot be a chronic match to historical hatred unless it's participants also vibrate from a position of hatred as well. This concept has been known as the law of attraction until now but we hereby call it the law of magnetism. Persons who operate from self hatred which is deeply suppressed will typically be

drawn to the monotheistic religions and Christianity in particular.

Hatred Creates An Illusion of Worthiness

From an energetic point of view there is no such thing as separation between anything and therefore the assumption that some people are separate, wrong or unworthy of God's love is an illusion generated by self hatred and is likely to have been embedded within the individual when they were in infancy, usually by way of their primary caregiver(s).

For more information on Christianity see the Guide called 'Healing Our Christian Wound: Moving The Planet Towards Greater Freedom'.

The Healthy Role of Anger

When we finally finally accept that we feel a lot of hatred – first of all well done for getting this far! It is so so difficult to realise that we vibrate as hatred, largely because we have been so used to blaming others for our hatred otherwise called projecting it on to the other. So when we get here, the next emotion we are very likely to feel is anger. This is such an important stage. Our default when we get here typically is to slip back into blaming the world. No, no, no, no. The best thing we can do here is express our anger! Express it in a creative or artful way, or even by cursing at the wall or punching thin air (my personal favourite) – but just try to make sure that you are not blaming the world whilst you're angry. Just be angry! Raw anger. It feels great. I assure you within 15 minutes the feeling will be transmuted back into love so long as we do not let that anger slip into the vibration of blame / victimisation.

For more information on anger please see my Instagram Post dated 2 March where I talked in depth about 'How

To Express Anger’.

The Vibration of Acceptance

Acceptance on planet Earth is at an all time low. Consequently loneliness on planet Earth is at an all time high. A life without acceptance is a lonely life. A species without acceptance is a lonely species.

The deeper we are in hatred the stronger our need for acceptance from the ‘other’. If we do not get acceptance from the ‘other’ when we are hatred then we demand approval the ‘other’ instead – either people must give us permission to be, or *get* our permission to be (themselves).

In order to enjoy the value of others we must first experience our own value. When we experience our own value we always enjoy it. If we do not enjoy our own company it is because we haven’t yet realised our

true value. Our true value always feels authentic. This authenticity makes us feel unique and individual with an insatiable appetite to share ourselves freely.

Accepting The 'Other'

When we vibrate as self acceptance we are able to experience our value truly. When we decide to experience ourselves in truth for the first time it is often painful but from this painful state we are able to learn self acceptance. In another Guide we will explain why we as God choose to experience pain.

Once we embody self acceptance it becomes easier for us to learn how to accept "the other". Learning self acceptance occurs at the level of the energetic feeling state whereas learning how to accept others occurs at the level of a brain-memory habit. It takes at least two weeks to break any brain-memory habit. If you'd like

to be more accepting of others first read the Nu Vibe Holy Book of Divine Truth.

Acceptance in The Nu Vibe

Once you have read The Nu Vibe Holy Book of Divine Truth whenever you feel resistance towards someone or something said, say to yourself in your own head, "I accept you". Do this for two weeks and you will begin to experience the world through a more accepting vibration.

Never ever accept behaviour or speech when you feel anything other than calm. If you feel any kind of hurt it is important that you acknowledge this hurt to yourself and do whatever you feel is best for you in that moment. Do not ignore your own hurt for this is a form of self rejection and self abandonment. This is why we have suggested that you read the Nu Vibe first because

it will help you to clear up all emotional bondage if you let it. That feeling of 'being hurt' is none other than emotional bondage reactivating itself so that it might get seen (by you) and then healed. When it is seen, it then becomes healed, rather like magic - this magic we hereby call Love.

Love Is Acceptance

Love is Acceptance. Self love is self acceptance. To love the 'Other' is to accept the 'Other' (unconditionally).

What Has Everything I've Read

Got To Do With Happiness?

Wonderful - we are now ready to talk about happiness so I'll switch up the vibration a bit because it's now time

to be happy happy happy! So let's get a few things straight!

1) Happiness is not something we *find*. Happiness is something we *realise*.

2) Happiness is our default state as God. As God we are naturally happy and when we become God Deluded we *become* unhappy. In an Earth context we become God Deluded during our childhood experiences - **however we must know that childhood is just a manifestation of a prior agreement we've made to experience ourselves as God Deluded.**

Let's compare the journey to happiness to being in a traffic jam. You want to go home. Home is happy but you're in the traffic jam. How did you end up in the traffic jam? Perhaps because you wanted to go somewhere. Perhaps because you wanted something to

buy, or to look at. Perhaps you wanted to meet someone. Either way you're in the traffic jam now - who bloody cares how you go here - you just want to go home now!

Well we know that home is where happiness is so what can we do? Can we fly? No, we are experiencing ourselves as human so we cannot fly. If we wanted to fly then we would choose to experience ourselves as birds or flying pigs or whatever. Can we shout at all the cars and demand that they move? Yes. Will it work? No.

So what can we do in this bloody traffic jam? Nothing. We sit. We be. We be in the traffic jam. This being which I describe to you is called acceptance. Love is acceptance. Happiness is acceptance. Happiness does not **look** like anything. See, when we're in the traffic jam we really really believe that happiness looks like something. Let's say we forgot what home looks like.

We imagine that home is a ten bedroom house with a harem of ten beautiful women. But everyone's home looks different. Everyone's happiness looks different, and this is precisely why we must sit in the traffic jam, because without the traffic jam we do not appreciate the experience of arriving home and then *being* at home.

This traffic jam is called hatred. We must really learn of this traffic jam and then love ourselves in this traffic jam to find our way home - to find our way back to happiness.

To learn how to love ourselves read Guide #4 entitled "How to Be Present: Self Love In Action".

**Final Message from
Chaun**

It is a great honour and pleasure to be chosen as the person to carry this monumental pool of wisdom and knowledge. Now that you have explored the concept of self hatred my recommendation for you would be explore the meaning of the Christian Wound if you have a religious background or How To Be Present if you do not. This information is accessible in other Guides. Once you feel comfortable with these concepts and have fully integrated them into your Universe you are ready to explore The Nu Vibe Holy Book of Divine Truth. I can testify that the information in this Holy Book has extraordinary Transformational Value and is Majestic in Essence. I trust that you will be both touched and transformed by its Divine Power.

Greetings and Blessings.

Chaun Conscious x

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