

Randi Green

Activation Psychology

- For A Better Future

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- For A Better Future

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Higher Awareness Lifestyle

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A New Human Paradigm

Creating a new human paradigm begins with creating a new type of human. It is that simple. It all begins with one person. You.

Most people look out into the world and take on responsibilities to change “things out there”, which they find offensive, unjust or appalling, all according to their standards, of course, and then they make a cause of it. Fighting and agitating for ways they see as the correct manner of doing things. Most are fighting for a good cause, leading to a better future, and most get some results and equally as many gets little to none results and burn off their entire life in the quest for justice or whatever cause they have taken on to themselves.

We will change the world too. In small steps but for me, all changes begin with ourselves. The causes, the unjust and so forth have to be solved from a higher level or awareness.

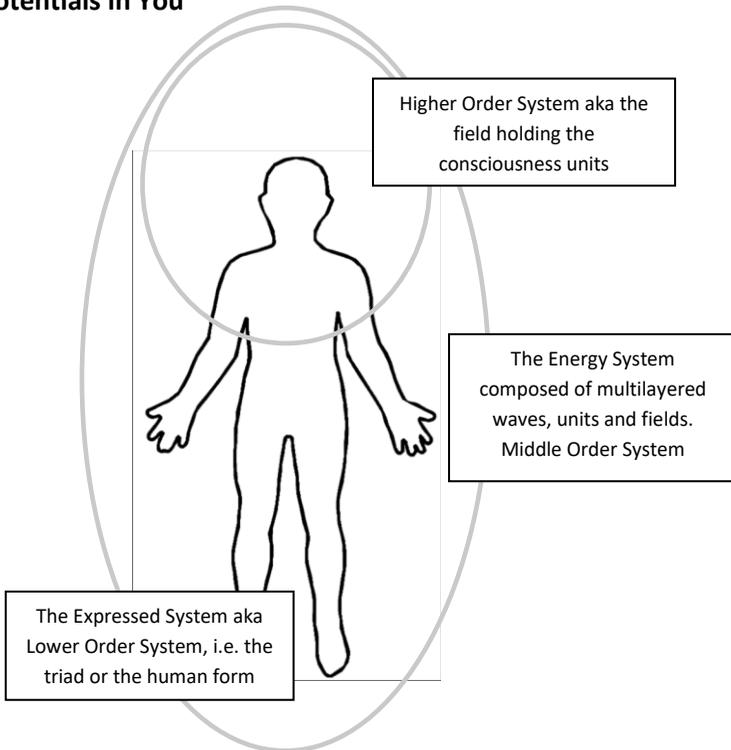
The world, and its humanity, are for the present an expression of low leveled disorder, and has arisen from lower states of awareness. In most cases from humans thinking they were doing good for the collective; from their perspective, of course. Naturally there are the greedy ones and so forth but I don't bother talking about them. They are always there and in my opinion not worth giving energy or attention. If the collective changes, these people do not stand a chance. It is only because we give them room to prosper that they have got the level of power, they have now. No, I want to focus on the ones that can learn new ways of thinking and being human and from that, we can work towards a better future with a knowledgeable approach to the world, we live in. An approach built upon a higher order of consciousness and energy.

In this book, I assume you have read Fundamental Concepts. If you have not, go back and read that first, and then read this book.

What Stands in the Way

Getting to a higher leveled order awareness is a process. It does not happen overnight. It is a tedious work with daily effort and daily energy work, as well as inner work. Energy work means to work with your holographic-organic energy system and the inner work is the psychological work, where you work with your personality. Both the inner work and the energy work must be done to achieve the higher order potentials and knowledge you have got stored in the highest potential areas of your being.

The Potentials in You



Notes to the illustration

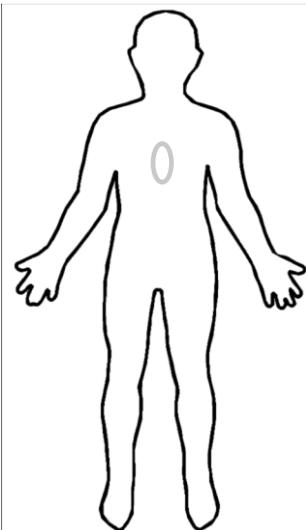
The consciousness units are expressed as potentials and as developed and unfolded using units, waves or fields.

The developed consciousness is expressed via the holographic-organic genetics carrying the memories of other systems and what the higher order system has recorded there, through the forms and vessels it has had. The full functional brain and its field unfolds this, when it has learned to access the multilayered realities of our system.

The energy system carries potential energy from this universe and the utilized and expressed energy from other universes. The full functional heart, and its units, waves and fields, unfolds this, when it has learned to access the multilayered realities of our system.

The expressed form is the conglomerate of all of this, and the tool to add more energy to the existing energy system and consciousness units, waves and fields.

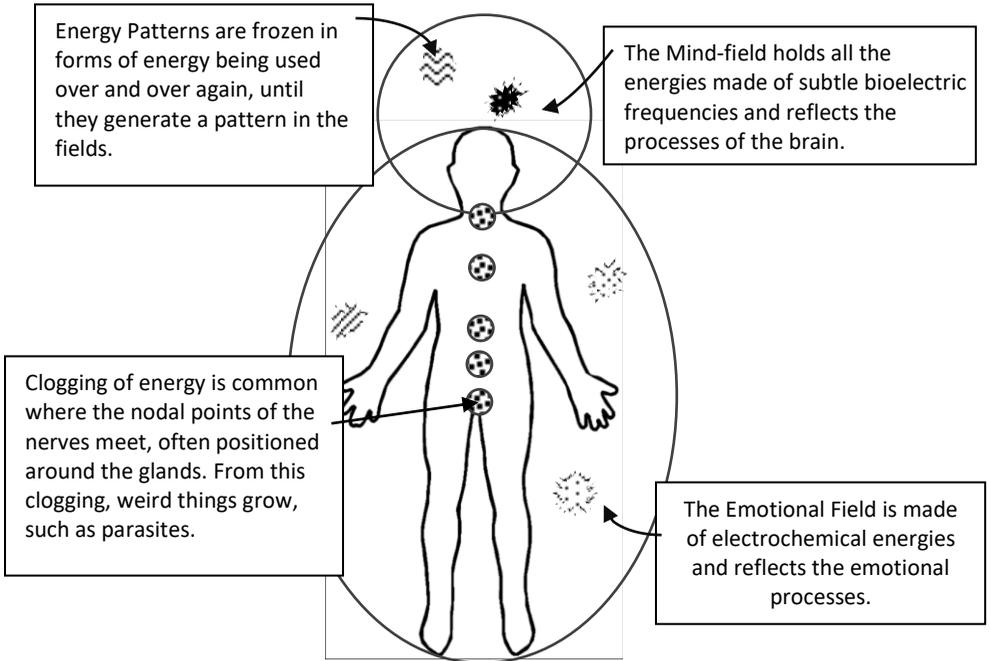
When we begin this work the potentials look like this



The brain field is not there due to the non-functionality of the brain and the heart field is barely active; it is active enough to keep us alive using the higher order energies in the core field. The core field in the heart is connected to the higher ordered energies but most of the heart functions run on frequencies. The brain is only operating on frequencies and have no access to the higher order multilayered energies.

Instead of using the higher ordered energy system, people are soaked in the distortion fields, which arise from the overuse of emotional and mental energies.

The Mind-field and the Emotional Field aka the Distortion Fields



The distortion fields prevent the higher ordered energy system and holographic-organic genetics from being expressed into this human form.

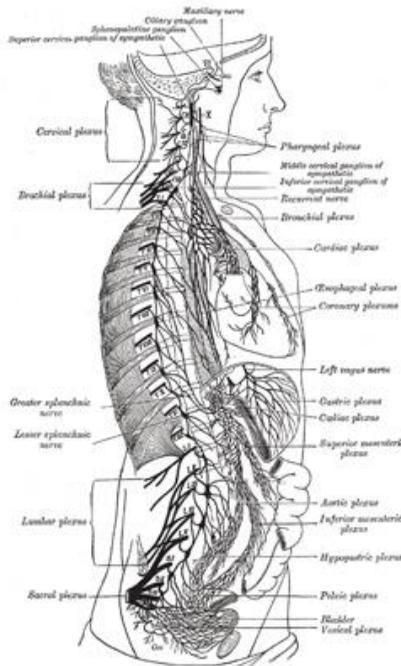
The distortion fields are closely connected to the personality and all that we have experienced in this lifetime. These two fields are an effect of the processes in the brain and heart energies, and arise from the neuro synaptic response mechanics and feedback systems in the brain and central nervous system (the CNS) as well as electrochemical transmitter response systems from the glands, and the heart and periphery nervous system (PNS). The two systems, the heart and the PNS and the brain and the CNS, are the two main systems in us generating the energies that are emitted as the

distortion fields. All the psychological and mental processes in us, the inner human and personality, are low ordered energy utilization and they generate a lot of energies, which in this work stand in the way for the true potentials in us and thus need to be cleared out.

Thus, the work also implies the work with the personality and the use of emotional and mental energies, and how we can clear these out and lift them into a clear, permeable state, from which the higher ordered energies can attach and transform the personality.

This work, the clearing work and the ability to reconnect to the higher potentials in us, is called the integration work.

The Nerves and Glands



Integration and Activation Processes

Let us get clear on two basic ideas in the activation psychology:

- 1) The Integration Process and Work
- 2) The Activation Process and Work

The integration process is where we work with our personality and develop new ways of perceiving ourselves. This is where we work with our personal issues, less fortunate expressions of our emotional and mental features and the way we use the lower ordered energies in our body as well as how we affect other people with this use.

We develop our psychological tools to be able to handle our emotions in a clearer and more objective way and not getting caught up in the emotional storms, when they arise, spewing this energy out around us or in self-destructive mind and emotional processes.

We will always have our emotions, but we are to learn to utilize the most productive ones of them and control the lesser productive ones. The lesser productive emotions are the ones that hurt other people, as well as ourselves.

In this work, our goal is to learn to amplify the positive emotions, which make us all feel good and accepted. It is that simple. Our basic approach towards other people should be from the standpoint of accepting all differences and see them all as openings for a diversified humanity expressing a conglomerate of human higher ordered emotions in a way that builds up our strengths, potentials and human abilities.

Our sovereignty is an expression of our capacities, skills and emotional habitus. This means that one person is highly skilled in mental processes, being a high qualified thinker, but at the same time

can work with the heart field in a way that supplements the mental processes into a caring, accepting way of other people that have other skills. The thinker understands that his or her ability is to pave the way for new thought forms, and in that exemplify a higher order way of using the brain and not because he or she is right, or has got the correct approach to things, and in that tries to impose that onto others.

A high skilled user of the heart field, also uses the brain field. Here the high skilled restorer of code sheets and holographic-organic restoring knows that he or she is sharing the heart energy to amplify and unfold the code sheet potentials in another human. Repairing them by the energies used in conversation and behavior.

In this, we learn that mental processes are supposed to be used for the common good too and the development of tools to generate a higher ordered community, and not something that only is going on “on the inside”. Thinking is a way of processing energy, and for now this is only used in the low ordered manner, accommodating mental processes that follow the whim of the personality.

Thinking, for most people, is thinking about what the personality wants and needs to function in this world. That is also an important function, but that is only the lower order. It’s a tool to get our outer reality in check, so that we have all the necessities in order such as an income, functions, housing etc. But when that is done, the mental processor, the thinker, should use his or her tool for the benefit of the community, generating new inventions. Being innovative.

The heart field user, or restorer, uses the capacity to restore the low leveled energies first and then learns to do it for others too.

So, again it all begins with ourselves, becoming the skilled thinker and skilled restorer, thinking in a way that is productive for our progression and our work, and existence as humans, using our minds to solve the issues at hand, and then we think to produce higher leveled solutions for the community. We begin restoring ourselves,

learning hand and mind self-healing to clear out our distortion fields and then we learn to amplify others in our behavior and ways, we are around others, and from that we can extend the heart field energies into repairing the grids of our world or whatever we choose to do, as a heart amplifier.

So, integration is to clear, gather and develop our personality into a unified field, where the personality can work on an individual level as well as on a collective level, seeing to that both the inner human (yourself) and the outer humans (others) are met with the greatest respect, acceptance and caring approach for the sake of amplifying the best abilities in yourself and others as well.

Kindness is not just something we do to others, it is also a feature we are to have towards ourselves. Only if you exemplify all the best qualities towards yourself, is it possible to do it naturally towards others.

Thus, the integration work is per definition the work to learn to accept, love and be kind towards yourself first, as well as having your life in order, and then all of these abilities naturally unfolds into your fields, affecting others in the same way.

The higher level of awareness, you have got, the more you affect others to begin the same level of work. You become the example of the changes, you want in the world by being them and exemplifying the changes in words, deeds and actions, as well as energetically.

The activation process is the work where the higher ordered systems and potentials from the holographic-organic genetics, we have developed here and in other systems, begin to awaken and merge with the integrated personality.

Activation is not truly possible until the heart field is operational and has begun to expand because the holographic-organic genetics only run on higher ordered energies. If the heart is only using the basic energies to live, then the higher ordered information layers will

not permeate from the higher ordered levels in you, into the physical brain and the physical heart, beginning to active both into being able to use the higher ordered energies.

Thus, the activation begins with the integration work and how to activate the heart field in kindness and acceptance, generating the correct type of higher order energies for this vessel and from that we begin activating the brain field, learning to use the higher ordered consciousness in all sorts of inventions, sciences and technologies from an approach of inventing for the good of the many and for the progression of the world as a unity.

Note

Other races have different approaches to progression. The kindness and amplifying ability is special for some of the older human races of this universe and goes with the Ka-Le-Ka code. It is an adding to the code sheet of the heart, making it generate the amplifying field.

These races had seen the coldness of the other races, of which most led to wars or manipulation of others, and thought that a kinder approach to progression could be done too.

Not just progression done to develop sciences, energy and technology but progression done to amplify the heart field energies into a new type of higher ordered energy, and from that develop a new type of consciousness.

Now, let us get a bit down to earth and get more practical. The remaining chapters in this book is focused on the daily work, you can begin with.

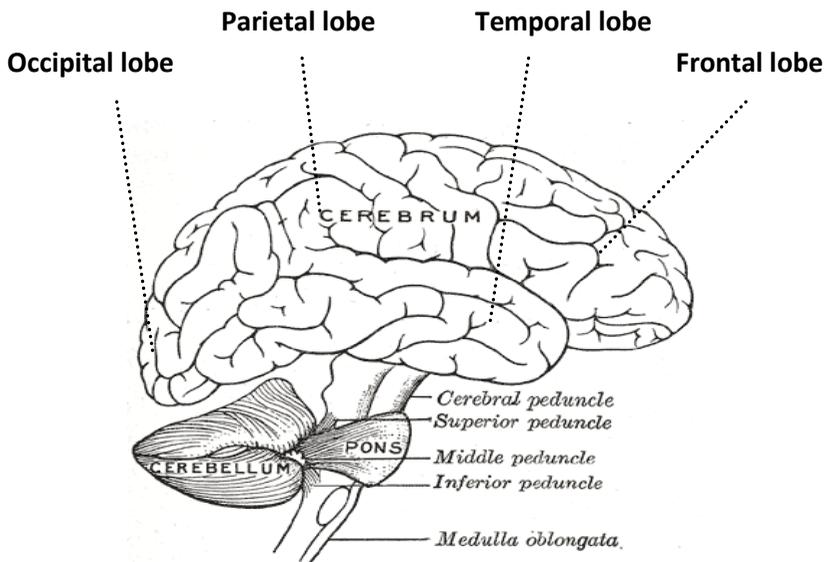
Learning to Control the Distortion Energies

The Brain Field

The brain field is composed of energy patterns arising from energetic emissions produced by the processes in the brain.

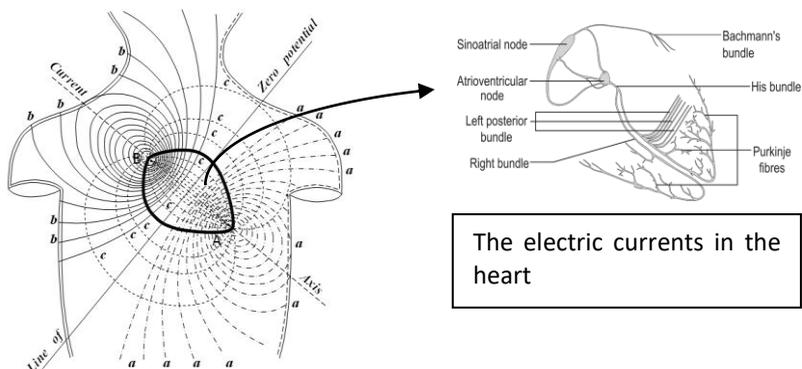
The thoughts of reality and self-perception control the energies in the brain, affecting the neurotransmitters and the frequencies the brain is able to process and work with; i.e. what type of energy that runs in the synapses, making the brain work with lower or higher forms of energy. The processes in the brain send out signals to the nerves and from that activate the electrochemical energies and their impulses to the glands and cells; hence the way we think controls the range of emotions, and vice versa, utilized by the personality.

The Brain



Wikipedia

Augustus D. Waller, 1887-88: The field of the heart



Emotional Response Contact

Emotional response contact is activated when we are in contact with another human creating a neuro-affective reaction in the brain, heart, gut and other levels of the body.

It might seem odd but all humans have a set of frequencies, which are emitted from them creating vibration. The human vibration and energy fields are not consistent and the same all the time, but are a complex set of frequencies stemming from the energies in the two fields. The frequencies change when the person thinks new thoughts or feels different emotions.

The emotional spectrum emits vibrations and this is sensed by our PNS, when we are in emotional contact, aligning our energies to the person we are in contact with; i.e. when we are talking, observing, watching a video or listening to a radio broadcast. Understanding what another person is talking about or doing, is the same as an emotional response where the energies of the fields stretch out and merge with the energies in the fields of the other person.

Emotions and thought forms are strongly interlinked and what we believe to be the truth about reality controls our emotions. Change the perception of reality and the emotional spectrum changes too.

Hence it is important to see through the subtle reaction potentials of emotions, whenever we react emotionally to outer and inner input of which some are sensed by the PNS as energy, whereas others are presented to us as information or interaction with other humans and their belief systems, aka thought forms.

We are, as humans, interacting with humans every day of our life in forms of subtle input whenever we meet another person. In that meeting our fields merge for a short period of time, leaving emotional or mental imprints in our fields and affecting the already present energies there.

Emotions of the Personality

All emotions have a subtle encoding to them, making the personality respond on a subconscious level. Emotions affect the personality to perceive reality in a certain way, as well as affecting the way we think.

Emotions are electrochemical responses to energetic input. Some of the emotions we generate on our own, others are a response to things affecting us from the outside. The better we understand our emotional spectrum, the easier it is to adjust when an emotion arises. The list below is incomplete, but to name a few:

Fear is an emotional response to energetic input we do not have a *comprehension mechanism* to in the ego; i.e. all that is not part of the list of accepted and known energies (events, humans, experiences). *All unlisted energies (benevolent as well as malevolent) generate fear in the ego.*

Fear holds the programming of powerlessness (“I cannot handle this”) of not being able to take proper care of the ego (“I will for certain perish by this”), and to its core threatens the comfort zone of the personality, i.e. where it is in control (“I have no control over this”).

Reprogramming of fear is to understand what is encountered, learn about it and then reprogram the personality to be able to accept the encountered as part of the listed accepted energies. Reprogramming happens in new experiences, where *self-invented techniques of altered perception* is utilized, changing previous similar events.

The reprogramming can be done by taking the incident, meditate upon it and then change the subtle coding involved in the fear that was felt into “I can handle this”, “I will not perish” or “I can control this”. The best way is *to work directly with the emotion as it arises*, go into the core of it, understand its energy, and then reprogram it right away.

Detaching from the emotion is also a good way to reprogram the personality, since the personality responds with “I feel”. Detaching means that instead of thinking, on a subconscious level: “I feel fear”, then the personality is to detach itself, thinking: “There appears to be a chemical reaction in the body right now, which gives the sensation of fear. I wonder what is affecting my body – what am I thinking?” From here the personality goes into inquiring instead of emotional lock down. The method of detaching implicates a subconscious coding, which is founded in a state of empowerment and trust in the ability to solve whatever is encountered.

Later on, similar events are sought after in the emotional field, remembered as earlier situations similar to the present one and the reactivation of the initial feeling. From there thought forms, regarding the experienced can be altered, reprogramming the coding in that type of experiences as well. This is done by mental visualization, meditation and having power over the emotions, e.g. in breathing exercises, learning to self-comfort and calm down. *Mindfulness* in its original teachings, as part of Buddhism, teaches how to do the observing, adjusting and reprogramming of emotions and thought forms.

We can use reprogramming when having inner encounters with otherworldly entities entering our fields, to be able to communicate, using the vibration of the existing energy patterns there to access the brain, or deceased (astral souls) connecting to us to be able to deliver information or to communicate. The response to these encounters is fear from the personality because the PNS senses energy but there is no one there.

Fear can be transformed into acceptance, balance and inquisitive state of mind.

Anger is an emotional response to energetic input that does not fit the list of accepted behavior or something that is “done wrongfully to us” by other humans.

Anger is a *defense mechanism* and is based upon the subconscious programming of victimization, injustice, unfair play etc. All of these are based upon thought forms of unspoken rules, which were laid into the personality in interaction with prime caretakers in childhood.

Anger separates the ego from the emotional response of being powerless and a victim; turning the self-pity into self-rightfulness and of “I am correct”, “I am better than the wrongdoer” or “I have the correct set of behavioral patterns” understanding on a subconscious level that the offender is wrong, incorrect and a bully.

In other words, anger always boosts the personality into a position of being the better one and the offender the wrong one, creating separation. This separation is not based upon understanding of the wrongdoer and the reason why he or she reacted this way, and thus anger is in essence a selfish emotion, only seeing things from the perspective of the personality.

The reprogramming follows the methods listed above, seeking to understand the behavioral reasons of the other person, as well as trying to lift things into a higher perspective, where questions are asked such as: “Am I really correct here?” “Can this situation be

viewed from another angle? What is the background of the event, perhaps explaining to me why this person did what he or she did?" and so forth. Anger is always mellowed out by the higher perspective and the incentive to understand things from both sides of the case.

Anger can be transformed into empathy and understanding.

Joy is the emotional reaction to events, things and experiences from subconscious wishes and needs. Joy is a *confirmation mechanism* and is based upon known and accepted energies, being reinforced.

Joy is felt when the personality is confirmed in its comfort zone, adding energy to the accepted and preferred reality, or amplifying a need for confirmation. Joy is a strengthening of the existing energy patterns, confirming that they are correct and are being met by other humans as correct. The strengthening of the aroused energy pattern thus has to be investigated to see if it is an emotional pattern, which is productive or not. Joy is an energetic reaction that should be handled in the same way as other emotions, since it confirms the existing thought forms or perhaps less fortunate needs, whether they are productive and constructive or the opposite. E.g. it is possible to feel joy in times of war, when the "enemy" is killed, which in times of peace is considered murder. Hence joy can be deceptive; it depends on the thought form it springs from.

Naturally, joy covers the experiences of getting a gift, being helped by other humans etc; however, these events also have a subconscious coding to them, which involves the personality in some way or another. Thus, joy should also be meditated upon and understood to its core of what subconscious programming it holds.

Joy can be transformed into balanced understanding of what is happening, observing the circumstances from a detached level. Joy should always lead to deeper investigation of the patterns it confirms but joy is not to be erased since it is one of the more beautiful feelings humans hold.

Lust is an emotional response to energetic input that corresponds with present belief systems of what a human need.

Lust is an emotional response that unfolds from the instinctual electrochemical transmitters, making the body and hence the mind, crave specific things, which then lead to specific actions.

These actions are part of the societal program controlling our reality in full, as in what a human is supposed to do while it exists.

Lust is a *survival mechanism* and is based upon the subconscious programming of the fear of death, the joy of living and the anger of not having enough; to crave more so that the subconscious energies are kept circulating.

Lust takes many sub-forms and is the basis of all other emotions in one way or another. Even anger, depression, fear and other negative emotions have part in lust as well, because the human psyche can get addicted to these strong negative emotions, producing an electrochemical rush.

So-called positive emotions are based upon lust as well, also producing an electrochemical shower of positive feelings, which are electrochemical transmitters hitting the PNS, making the cells produce specific types of energy. The body gets addicted to these electrochemical substances too.

Lust can be controlled in meditation and the ability to observe the reactions in the body, learning to counteract the craving, as well as balance out the levels of lust in the other emotions, and then figure out what is good for the body and what is based upon blind assumptions of what a human need.

The Daily Meditation

The daily meditation is where you learn how to control the energies and the processes in the brain. The processes can be understood in terms of what type of information you are working with.

The daily meditation can be done in the following steps:

Step one

1. Sit down in the preferred meditation position, close your eyes and focus on slowing your breathing down. Take three long inhales and exhale very slowly for each time.
2. Silence your mind by observing your inner voice and what thought patterns you have right now. Switch them off by will and determination. It takes time to learn so in the beginning focus on a golden dot in the middle of your head, while you keep up the intention of getting the mind to become quiet and slow down the ever-on-going inner chat, thoughts and whatever is controlling your mind.
3. Silence your emotions by putting your hands, in a double hand position one following the other – not upon each other - upon your heart pulling in energies to the heart and calm down your emotions. Soothe the personality, relax it and know that everything is going to be all right, that everything is perfect and whatever you will meet of challenges, you are able to cope with because you are a progressive human. Trust in yourself and then let the emotions of low self-esteem, low self-trust and the anxiety of not being able to lift the task go

and transform them into the full understanding of what you do not know now, and are able to solve now, you will learn as you go along. By this you realign the energies of the lower level of the heart.

4. Sit in the silence you have created for at least 15 min, slowing down your breath and kind of feeling that your body is going into a total relaxed mode, sitting upright in a sort of sleep – only your body is in that relaxed state because you mind are observing the energies in your energy field and wherever you can observe the energies. Observe them with your inner sight and sensations.

Step two

After having done the meditation, you sit for a little while, slowly coming back into your human mind. Use at least 15 min every day for this. It is a good beginning to energy work.

Understanding the Images of the Psyche

When we begin the inner work, we are to learn a new ability; the ability to receive and accept the images of the psyche.

But before we take that step, we have to tame our daily awareness into following “orders”

In our daily awareness, when we are awake, we do not pay much attention to what is going on in our heads. We are accustomed to the inner voice of the ego, setting the directions of our tasks and what we do. The inner voice is the “face of the personality”, i.e. the interface to the psyche and it controls our physiology from the frontal lobes or the beta awareness (normal human awakened state).¹ We often think: “I need to do this or that” and sometimes we follow through and sometimes we do not. The more we think about doing something and not following through, the more the psyche gets accustomed to that what is decided by the personality does not matter and it is not something that needs to be taken seriously, as in setting the energies in motion to manifest the thought.

Thus, the first step is to learn to follow through on thoughts of doing things. Make the decision and then follow through, even the small things such as “ah I need to pee – no it can wait” is to be changed into “Ah I need to pee – okay go to the bathroom”. Or: “I’m thirsty – no it can wait” is to be changed into “Ah I need to drink – okay find some water”. It all matters since the inner voice and the apparatus in the brain to set the body in motion, do not discern between small or large decisions; either you follow through or you

¹ Read this page regarding brain waves and how they work:
<http://www.brainworksneurotherapy.com/what-are-brainwaves>

don't. Be aware of this every day. Follow through. If you can't follow through on the small things, you can't on the big life changing things either.

The understanding is here that if you cannot follow the internal orders in your daily human life, you certainly cannot either in your higher state of awareness and internal commands as "activate the higher ordered energies" become meaningless for the psyche. So, learn to follow orders, you give to yourself.

Secondly there are typically no images to the inner voice and the things you think – or at least it seems that way. However, the fact is that if you pay attention to your thought processes, you will discover that in the simple statement "I need to pee" there is a physical expectation of relief, the subconscious training of how to do that as well as images of sitting on the toilet, doing what needs to be done. It all happens as a subconscious sequence, outside the beta awareness.

Thus, the next step is to learn to recall these images and use them deliberately for a period of time: When you think of eating, you envision what you want to make. You see yourself making it, serving it and sitting at a table, or what you do, the plate, the food, the smell, the sensation when it touches the tongue etc. When you are done with the sequence of attention in what it means to follow through on the thought of eating, you go to the kitchen and do exactly what you envisioned. From the beginning to the end.

The understanding is here that you are to re-activate the ability to sense and see the subconscious material in the daily tasks. If you cannot do that in the things you already know, you cannot on the unknown either. So, learn to reconnect to the subconscious in the

things that are within your comfort zone and thus not threatening to the personality.

When you have established a connection between the daily mental processes and the known subconscious processes of being in a body, understanding how thoughts, inner commands and images work together, you are then ready to explore the images of the psyche and subconscious on a deeper level.

Let's take an example of images related to pain: You hurt your finger on something. You see it with your eyes, and in a split second, you understand what went wrong. That is recorded as information, sensation and the following emotional reaction.

The emotional reaction is the sensation and interpretation of that sensation = pain, since you have learned that it is supposed to hurt – if you took that indoctrinated belief system and worked with a totally different understanding as in that does not hurt; then you could reprogram yourself into not feeling pain. Thus, what we sense and how we react to it, is tied to beliefs and previous reaction patterns to similar events.

The understanding is here that the better you are at observing the processes of the mind, the more you control the outcome of the information, sensation and emotional reaction.

The more you work with the processes of the psyche the more you realize that in everything you think, feel and do, there are images and each of these images hold the whole information structure of previous events, what you have learned from it, reactions, outcome etc. Change that energetic pattern and you will literally change the programming of your emotions and reactions.

Access to the Alpha State

You are now ready to explore the images of the psyche in meditation. Meditation is the inner oriented observing state, relaxing the body and mind using slow breathing, while observing attentively the processes of the body and mind. In that state of observing, you enter the alpha state of the brain.

You will discover that the images you got accustomed to in the beta processes (normal awareness) are highly different in the alpha state of the brain. Thus, you are to learn to interpret the alpha state images of the psyche.

The alpha state is processed in the mid-brain, the limbic system and the right hemisphere as well as the visual cortex² contrary to the beta state that uses the frontal lobes and the left hemisphere to do its mental processes, not paying attention to the sub-current of the alpha state, cf. what we have talked about above.

To reconnect to the alpha state and to learn to use this in creative imagination (a meditative state where you work with the alpha state consciously) dream work comes in play.

Thus, you are to work with your dreams. When you wake up in the morning, you write the dream down using as many words as possible. If you cannot remember a dream work with a memory, doing exactly the same exercise.

² Look all of these words up and learn what they mean and where they are positioned in the brain. It is important to know these areas of the brain because you can do energy work on the areas to activate them – giving them the command directly. However; the brain has to learn to take the commands directly (hands and mind healing), and not from the vague ego using the PNS and CNS to transfer information from the body to the brain.

An Exercise

When you write down the dream/memory, notice:

1. *What is the color theme?*

The main coloration, i.e. blue, red or orange theme sets the frequency or energy level of the dream/memory. The lower the energies are, the deeper subconscious it is. Red and black goes with emotions of fear, yellow with jealousy, etc. Discover what your color palette is for your emotions, since all emotions are emission of electrochemical energy, or frequencies which equals colors.

2. *Observe the settings or the scenario.*

Where is it? Is it known surroundings or totally psychedelic? – the weirder the surroundings are, the deeper you are in the subconscious landscape, where the psyche does not have images to fit the unaccepted energies perceived, i.e. the ones that do not fit into the comfort zone of the personality.

3. *Get the feel of the emotional content.*

Is the main feel happy, sad, etc.

4. *Is there a sensation of progression or stagnation?*

5. *Is the main content clear or vague and weird?*

Vague and weird material from the subconscious is unacknowledged emotions and belief systems, deemed so by the ego and suppressed to the subconscious. This material has never been through the mental processes turning it into clear images and information and is thus distorted and incomplete. The more you work with your dreams and the subconscious, the clearer all information on that level

becomes. The subconscious is in this invited into the conscious, making it known and accepted content.

6. *What is the main message in the dream/memory?*

There always is information in dreams and memories that can be decoded and understood.

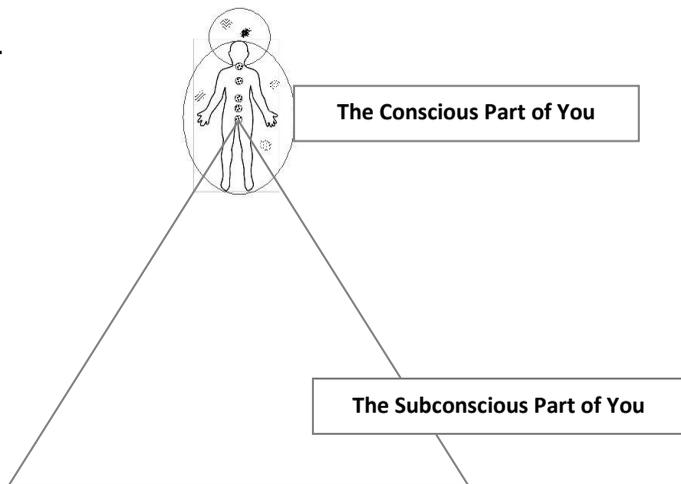
When you have completed this investigation work – it will take an hour or more – then you re-read what you have written down. When you have completed the reading, you ask:

- Which energy is producing, or linked to this dream/memory?

Write it down.

Then put your hands on the heart and see if you can get more information to the dream or memory when you give energy to the heart. Sit and observe what comes up – write it down.

Remember



Creative Imagination

Creative imagination is a meditative state where you work with the alpha state consciously. It is best understood by doing it.

Have a chosen dream or memory ready, as in your mind, before you begin this exercise. Then read the exercise and after that begin the meditation.

An Exercise

With this dream or memory in mind, begin the meditation:

1. Sit down in the preferred meditation position, close your eyes and focus on slowing your breathing down. Take three long inhales and exhale very slowly for each time.
2. Silence your mind by observing your inner voice and what thought patterns you have right now. Switch them off by will and determination. It takes time to learn so in the beginning focus on a golden dot in the middle of your forehead while you keep up the intention of getting the mind to become quiet and slow down the ever-on-going inner chat, thoughts and whatever is controlling your thought processes.
3. Silence your emotions by putting your hands, in a double hand position one following the other – not upon each other - upon your heart to calm down your emotions. Soothe the ego, by talking to it, ask it to relax and know that everything is going to be all right, that everything is perfect and whatever you will meet of challenges, you are able to cope with because you are a progressive human. Trust in yourself and

then let the emotions of low self-esteem, low self-trust and the anxiety of not being able to lift the task go and transform into the full understanding of what you do not know now, and are able to solve now, you will learn as you go along.

4. Sit in the silence you have created for at least 15 min, slowing down your breath and kind of feeling that your body is going into a total relaxed mode, sitting upright in a sort of sleep – only your body is in that relaxed state because you are observing the energies in your energy field and wherever you can observe the energies. Observe them with your inner sight or feel them as sensations.
5. You now take the chosen dream or memory, you have already written down using the first exercise but now you are to envision the dream and alter it.

Then you alter the steps of the dream one by one

- a. Change the color theme. The blue, red or orange color theme is to be changed into something entirely else.
- b. Change the settings or the scenario. Remember the original settings and then change small objects or circumstances. See what it does to the dream.
- c. Change the feel of the emotional content. If the feel is sad; change it to happy etc.
- d. Change the progression into stagnation or vice versa.
- e. Change the main content from clear to vague and vice versa.

Think about what the changes do the main message of the dream/memory.

When you have completed the changes, you ask:

- Which type of energy is or linked to this dream/memory now that I have changed it?

Write it down.

Then put your hands on that heart and see if you can get more information to the dream or memory when you give energy to the heart. Sit and observe what comes up – write it down.

The exercise is meant for you to take control of your dreams, using the right and left hemisphere together to work with the astral energies, the dream/memory is composed of.

The Daily Awareness

Change your perspective on things and your emotions will change accordingly, especially when you have learned to work with your energy system and cleansed it of most subconscious energies of fear and all the other emotions being placed there from your upbringing, relationships and whatever you have encountered with other humans. Most human behavior creates energies in the energy system around and inside of you.

Whatever you considered to be normal human behavior will in the light of the new awareness be seen as energetic actions, and you should be aware of them.

Just to name a few:

1) A normal *discussion* is really an energetic fight of who is right, so the energy in the exchange is dominion of power and mind. People say that they exchange information but in reality, they exchange energy and the degree of affect follows the shared words. Words are containers of energy, and can be seen as symbols. Symbols are holding the energies from the mind that utters them.

2) Asking *questions* is also a way of pulling energy from others, covered as mental or emotional technicalities. If you ask using the normal way the mind works, you are using the energies of fields to interfere with the field of another person, directed to the mind.

You create focused energy, i.e. the question, which you direct toward the person you ask. This is in fact *field intrusion*, because the direction of energy enters the other person's energy system and when the person answer, he or she opens up to your focused energy. What you get in asking questions is energy from others. Therefore, you need to learn to find the answers within, or ask the correct questions, which share energy – not take it.

3) In a *gathering of people*, the participants in the gathering are creating a joint field. In this collective field, the event, the distortion energies are connected and what is in them, is exchanged. This goes for gathering of people in the bus, on the train etc. as well.

The more solid the surroundings around the gathering are, i.e. the walls or metal as in the bus, the more concentrated the field gets and the more energies are exchanged.

Try to be mindful in your everyday living.

Observe yourself from a distance and observe:

- How do you talk to others?
- What do you think when seeing another human being?
- Observe your habits and your way of being a human.
- How do you feel when meeting other people?
- What are the sensations in your body?
- What sensations do you get, when you in touch with the energies around you?
- What is the emotional reaction to what you observe?
- How do other humans respond to your actions, emotions and behavior?
- What response do you get, when you talk about what matters to you on an emotional level?
- Are you that type of human you want to be?

Thoughts, feelings, inner talk, and so forth all generate responding energy in your surroundings and if you do not monitor your energy, you create more distortion energies, because you connect to the fields of other humans, enhancing theirs and your energies.