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Handbook to higher consciousness pdf

The damp 37 pack of higher consciousness was derived from the perennial bestseller Guide to Higher Consciousness, written in 1972 by Ken Keys. This book has helped countless people experience dramatic changes in their lives and increase their ability to experience happiness. It's a reference book about being at peace with whatever happens in your life. Here, then, are 37 of yours on the higher consciousness: 1. The only real problem in your life is how you use your mind. 2. You always have enough to be happy. That's the pattern in your head that makes you miserable. 3. View others as unfolding beings in your journey to higher consciousness. 4. Think of the world as a loving place that is designed to give you everything you need. 5. You add to the suffering in the world when you are offended, just as much as when you are offended. 6. Happiness does not lie in building people and things outside you are arranged precisely to meet your desires. 7. Addiction is any emotion supported by what you may have. This is any desire that makes you upset or unhappy if you are not satisfied. Your addictions are your adherents, demands, expectations, emotional programming and patterns of how life should treat you. As an example, if you get angry when someone cuts you off in traffic while driving to work, it's because you're addicted to having a smooth and completely hassle-free commute to work. If you get upset when you ask a friend for help and they say they can't help you because they're busy, it's because you're addicted to people coming to terms with your requests. 8. Life warns you to get rid of addiction every time you are emotionally uncomfortable in any way. 9. Upgrade your addictions to the status of preferences. Here's the distinction between addiction and preference: When an addiction is satisfied, you feel instant pleasure, relief, or indifference. If addiction is not satisfied, you feel emotional stress. When preference is not fulfilled, you are simply indifferent — after all, it is only a preference. But when he is satisfied, he adds to the texture and beauty of his life. 10. Leave emotional, emotion-supported, only for physical needs, such as air to breathe, food if starved, and shelter if freezing. 11. If your washing machine stops working and you are addicted to appliances that work, you will get upset and suffer. If you prefer your appliances to work well, then when your washing machine breaks down, it will not get to grips with the problem by overlaying your uncomfortable emotions on the situation. 12. There is nothing to change the present moment. You can change the situation one second, one minute, one hour, or day, but there is absolutely nothing you can do to change the way you are here and now. By not getting annoyed, you will be more effective at doing what needs to be done to change the situation for the next moment. 13. When the tire explodes, you just accept that it is here and now the reality of your life. You've lost your tire, but that doesn't mean you have to lose your peace and quiet. Now, calmly, start taking the necessary steps to change the tire. 14. Quitting addiction means reprogramming that part of the brain that makes you restless and unhappy if no desire is realized. 15. Keep in mind that you do not need to be addicted to money to acquire it. You may prefer to have money; Then you will be able to enjoy the money you receive, but your happiness will not depend on the size of your bank account. 16. We see things not as they are, but as we are. Your addictions distort the way you process the huge flow of information that is constantly pouring through all your sensory inputs. 17. As you harden into the stream of consciousness, you discover the addictions that make you anxious, anxious, outraged, tense, tense, frightened, angry, bored, etc. Although you are still emotionally and tense, you begin to root for the roots of your roots and downfalls—your brief pleasures and long periods of misery. 18. Everything that is in your life is the eternal moment and your experience of this moment is created by the programming in your head. 19. Observe your body and mind, the people and things that surround you from the deep, peaceful place inside you. When you do this, you will have insights into what you need to do to flow with the river of life around you. 20. You can make really effective changes when your mind is free from emotional turmoil. 21. By fully adjusting to the moment in your life, you will find that you always have enough to enjoy every moment of your life. The only reason you weren't happy is because you've dominated your mind with thoughts about something you don't have— or you're trying to stick to something you have that's no longer relevant in the current stream of your life. 22. When you are not satisfied, your emotions tell you that the people or things around you do not correspond to your vision of the world or to you. 23. You cease to see yourself being pushed out of the world when you realize that only you can push yourself. To quote Buddha: Nothing upsets you. You get upset because you're upset. 24. If you want those around you to act in a more loving and conscious way, act in a way that helps them do so. 25. Acceptance does not mean that you have withdrawn to live the rest of your life with a certain person or in a certain situation. This means that you will not cause emotional discomfort yourself, because of the things are at this point. 26. The external conditions of your life do not make you feel safe or insecure. One person can feel safe without any money, while another can feel insecure with a million dollars in the bank. Your feelings of security or uncertainty are due to your emotional programming. 27. Many people seek happiness through sensations, whether through sex, taste of food, music, sensations of movies and plays, creating a certain environment in their home, etc. Sensations become addictions, and nothing is enough. Once again, when you upgrade sensations from addiction to preference, you can enjoy things like gourmet food and music without having your happiness depend on them. 28. Some people seek happiness by being possessed by their power. They seek happiness in the following: To have more money, not for security, but so that they can manipulate others. As more prestigious (they are surrounded by status symbols). Having knowledge and many hobbies (so that other people perceive them as interesting and highly achievable). None of the above creates what we are really looking for: peace, peace, and a sense of unity with others. 29. No one assumes that you are giving up mundane activity: the world is there to enjoy it. The idea is to give up the emotional demands that keep you from the pleasure of life that has always been around you. 30. We are not the personalities that our ego so boldly defends. Our personalities are simply the result of our current programming. 31. You are the awareness of your mind. If you're visualizing a TV screen in the middle of your head where all your thoughts, images and emotions are projected, you're looking at the screen. As Ram Dass says, watch the scene from a quiet corner of your mind where there's nothing you can do but see. 32. As a screen observer, you're perfect. The movie that plays on screen may be terrible, but you're not the movie. You're what's watching the movie. 33. By setting the ocean of loving energy around you, you can have much more security, more pleasant sensations, efficiency and love than you would ever need to live an ever-beautiful life. 34. When you feel upset, take full responsibility for the emotions you experience. Work as quickly as possible by identifying programming or addiction that leads you to reject what other people are or to do. By taking full responsibility, you give your ego and rational consciousness a completely different direction in which to act. They are starting to work on helping you reprogram yourself, rather than framed you to manipulate and fight people in your life. Here's the process to follow, in short: Explore suffering. Let's get addicted. Addiction reprograms. The suffering stops. 35. Ask yourself the following questions to determine which dependency makes you feel alienated from here and now: What is happening now? (Just state the facts: what, when, where, who and how.) What specific emotions do I have? What am I saying to myself now? What pains or tensions are inducing in my body at this point? What do my posture and face look like? What kind of dance does my rational brain do to prove me right and everyone else is wrong? What am I trying to change in the outside world instead of doing the inside job to change my response to it? What kind of person trying to support my ego? What mask am I wearing? What happened to me in the past that upsets me when something like this happens? Do I want to be free from this automatic response? What am I rejecting here and now? What do I reject about myself? What do I reject in this situation? What kind of threat does this person pose or a situation to me? What could happen? What do I want to be happy about? Can I accept that and be happy? What's the model I have, should be or should I be? What is the pattern I have for the way it should be treated? 36. Once you have specified the dependency, the next step is to reprogram it in preference. When you reprogram, you use your will and determination to give yourself clear, firm working instructions. You tell your brain that you want it to function differently when processing incoming data in the future. Here are some sample reprogramming instructions you can use: Life is my teacher. I didn't program an addiction program. I'm nice. I'm the master of my life. I don't have to control people. I don't want the approval of others. It's okay to make mistakes. It's okay to be me. I can let go and just be. I love myself. I've had enough. It's okay to be where I am. I'll be free. I don't have to get into his program. I don't need external reception. 37. With perseverance and determination, you can reprogram all your addictions— no matter how long or how strong they are. Keep telling yourself that you programmed yourself many years ago and that you can reprogram what you programmed. Did you like this article? Subscribe to Live Fully via RSS or email and get free updates. Updates.

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