

The Answers Lie Outside Your Emotions

*When your eyes are clothed in tears,
Let them water your soil of hope.
When your heart is encircled with fears
Sow the seed that will help you cope.*

In whatever you do, avoid making decisions when you are emotional. For example, if something you're scared of is staring at you in the face, don't make a decision about it whilst the fear is still there, if you do, your decision will be based on fear and not reason.

Try to erase that fear. You may have to go to a place far from the source of that fear and make a practical decision.....

The answers lie outside your emotions.....

I've seen people lose their jobs out of anger, couples break up out of jealousy. So many people live in regrets due to decisions sparked by emotions; 'I shouldn't have slapped her, what was I thinking?', 'I wish I never tore that picture, that was the only thing I had left of him, now he's no more' - words like these haunt a lot of people due to the decisions they made when they were filled with emotions.....

The answers lie outside your emotions.....

- Gerard Osenele Ukpan (*The Soul Alkemyst*)

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The Poverty Of Language

The poverty of language prevents one person from interpreting their WHOLE encounter with reality to other people, thus there are so many lies. But passing a true image from one person to another without definition shows one thing - TRUTH.

If you have a vision or a goal, don't try hard to describe it to people who are not on the same level as you. If you do, it will seem as if you're sharing your fantasy. Attain your goals and let people see for themselves. The poverty of language prevents you from describing your goals, dreams, visions etc to anyone. When you have succeeded, even photos of your success will prove it to anyone without words.

Most people like to boast about their success or how successful they'll be. They need to concentrate on the necessary steps that would lead to the goal and not on the vision of the goal.

Let the vision fuel the ability to take the steps towards actualizing the goal.

So don't concentrate on the vision but on the steps, however keep a mental picture secured in your soul to energize your steps.

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THE BRIDGE WITHIN

*There's a bridge within,
Look! It hides between
Every being and a dream!
It helps us rethink
The hidden link
So we may reach the brink.*

*There's a bridge within
Where thoughts are purified
And errors are rectified.
Find it and tread it.*

*The bridge dwells in you.
These words are true.*

*There's a bridge within -
It is a 'transition point'.
Let the journey begin -
Shake off your burden,
Just let go on this bridge,
This Bridge within.*

*There's a bridge within,
Hidden from the chores of the Crow
And the jinx of the Raven.
To everyone we must show
How it leads to a safe haven.*

*There's a bridge within
And it's in between
Every being and a dream!*

CHAPTERS:

1. Equilibrium,
2. Self Awareness,
3. Consciousness,
4. Illusions of the ego,
5. Images vs Words,
6. Tuning into Cosmic frequency,
7. The way of Rituals,
8. Time Infested World,
Understanding the universe,
9. The BRIDGE Within,

'When you see a familiar face you recognise it immediately with ease. The reason being that you are not pushing yourself to recognise the face, it just happens naturally without any fear.

Everything is stored in you and the universe, nothing is lost. As far as you don't break your connection with your higher self (or subconscious) and approach every situation from a tranquil state of mind you will excel.

This mental tranquillity is what I call 'mental equilibrium'. This state of equilibrium is de rigueur in our day to day activities.

Once you're able to tune in to this state of equilibrium, you'll remember the cause of a particular problem the way you would recognise a face'

Life often throws some straightforward questions at us, especially when we find ourselves in some bizarre circumstances. For example, the loss of a loved one, heartbreak, and similar situations that make us wonder what life is all about. We tend to ask ourselves 'what's life all about?' - The approach to this question is quite easy: never ask a question like that. There are several reasons why such questions should be avoided. Let me point out one of the reasons:

Life is not static, everything is in constant motion, the cells of the body are in random but organised motion following a cycle of birth, death and rebirth. We are part of an evolving ecosystem. So a question like 'what's life all about?' puts you in a stationary position mentally. An answer to the question is subjective. If you asked the same question 200 years back, the response would be slightly different from the response you'd get now. These days some people say life is all about keeping in touch with friends, families, colleagues etc. In this present age you probably need a smart phone, a tablet, a computer to keep in touch - but all that would have been a dream 200 years ago. A reply to a question like that actually depends on the time it is asked.

Life is all about balance, the balance starts from within. It is mental or spiritual equilibrium. Balance your thoughts with your deeds, balance your words with your thoughts, balance your breathing with the air. All you need is BALANCE, and there'll be steady flow of energy to carry you through.

STEPS TO MENTAL EQUILIBRIUM (A State Of Tranquillity)

- Set up a space in your house (or room as the case may be) and call it the tranquil corner, put a table there and cover the entire table with a red cloth and a white handkerchief in the middle.
- Put a paper on the right hand side and place a pen on top of it.
- Fill up a clean glass with drinking water and place it on the handkerchief.
- Turn your back against this tranquil corner, relax and breathe deeply. Think about whatever is bothering you as if it didn't matter.
- Tell yourself that a clue is waiting for you to turn towards it
- Think about the water behind you and imagine drinking it. Feel the thirst getting stronger and stronger.
- Now tell yourself that when you turn and drink the water, you will quench the thirst and be in a state of tranquillity or 'Mental Equilibrium'.
- Turn around drink the whole glass of water, pick up the pen and right down the possible clues from a tranquil head without a second thought.

THREE STEPS TO A BETTER LIFE

In a nutshell, to stop any form of addiction, you need the consciousness of a 'non-addict'. Below are 3 simple steps to attain your 'non-addict' consciousness.

1) Define your non-addict consciousness.

What will life be like when you are a non-addict?

If you smoke an electronic cigarette, you still have the consciousness of a smoker. If chew bubble gums containing nicotine, if you use nicotine patches or any substance to 'mock' your addiction - you still have the consciousness of an addict, and you often bounce back to your old habit. This is what happens when you compete against your desires through self deception. Don't put your WILL POWER TO THE TEST. When you combat force with force, you may neutralize both forces and that leaves you in a state of confusion. Define your non-addict consciousness. How will it feel? How will you dress? Talk? Walk? Who will be around you? What will be different and better compared to now?

(2) Be honest!

Communicate with yourself, ask yourself honest questions. Do you really want to quit? Think about the benefits quietly. Don't tell anyone. If you tell people or your fellow addicts, they will interfere with your 'thought form' and energy. Walk back to the very first moment of being an addict. When you get there, visualize yourself standing on a bridge between your 'last moment as a non-addict' and your first moment as an addict. Remain at that 'transition point' and ask yourself: 'If I were to relive this moment, what choice would I have made?'

Avoid Auto-deception: Don't lie about the URGE or how you feel. Be true to yourself. When you lie to yourself, you're indirectly saying you've got another personality. That's just a mild form of personality disorder. Be honest.

(3) Visit the Bridge Within

Relax all the muscles of your body, as if getting ready to fall asleep, concentrate on your breathing. Visual Healing Breathing; inhale deeply and visualize vitality, positive energies and pure awareness and exhale completely - visualizing negative thoughts and negative energies dissolving in the atmosphere.

Locate the moment when you can't help but fall asleep. This is what I call THE BRIDGE WITHIN - the point between being somnolent and deep sleep, when the subconscious is most responsive. Suggest at THE BRIDGE WITHIN that you want your higher state of consciousness to work out a solution so you can wake up one step closer to your non-addict consciousness. Suggest that positive changes will take place whilst you are sleeping and the results will come with the dawn of the next day.

Go to sleep and allow your subconscious mind to handle the details, you will wake up with a fresher start in life.

I'd like to talk briefly about hypnopaedia (sleep learning) and why it lost popularity:

Monotony bores the mind, especially when it lasts over a long period of time. It leads to some form of depression - especially if the mind fights against it helplessly.

The proponents of hypnopaedia often played a sound continuously

to someone while they slept. The method downgraded the powers of the subconscious and sometimes incurred the opposite of what they envisaged. It could spark hidden psychological conflicts which the subconscious would try to resolve. It is unnatural to impose things on the subconscious harshly. The road to the Subconscious is paved with subtlety.

I am offering a different route to self awareness - whereby the subconscious is allowed to deal with issues naturally overnight. Instead of playing a recording over and over again for the mind to absorb during sleep, you use a special technique to locate the 'Bridge Within' and then place a key word or image on that spot, just before drifting off to deep sleep. The subconscious handles the issues with clarity whilst you are having a sound sleep.

Since we are not fully aware of the level of control the subconscious has over us, any positive changes have to take place unconsciously.

Locating the Bridge Within can help anyone achieve anything in life if done properly.

With this method students can have a better understanding of whatever they've studied during the day. It's all about 'self-suggestibility', belief, a sound sleep, being true to oneself and locating the 'Bridge Within'. In order to achieve this, one has to do what I call 'bed time rituals'. They are mainly psychological (mental or spiritual) exercises which help relax the body, mind, spirit or soul. This method prevents the mind from being clouded before sleep. And it makes it easy to access the subconscious subconsciously; thus it yields magical results.

It is a new age of self awareness and I would like to help people lead better lives by sharing this straight forward approach to self realisation.

Join me as I present to the world:

The journey to cosmic consciousness through a sound sleep.

First and foremost I'd like to get the message across to those easily accessible by me. I think I'll let the message drop into the waters of the collective psyche and let the ripples spread accordingly

'When running a race, the distance covered makes more sense at the finish line'. You must always have a goal and think of how to reach it rather than look back and try to measure how far you've gone. When you do this, you either become complacent or you lose hope. Always focus on your goal or goals and make plans to reach it or them.

Our consciousness is the nucleus of our reality, without which we wouldn't be able to bury our emotions into habits (good or bad). To change your consciousness you have to question your habits, question your ego, accept that which is real, go into a state of tranquillity, set your mind free and your subconscious will elevate you.

When you fear, you attract the non-existing cause of the fear to yourself. You then end up creating imaginary daemons that eat up your energy. Learn that fear is like a mirage, the closer you get, the more you understand its non-existence.

Mental clarity starts with relaxation. Once we learn to relax the face, including the eyes; the neck, the shoulders and the spine we are gradually learning to manage emotions

Many people think they are too busy to have a quiet time for self mastery, but with my approach there are no excuses.

The core elements of the technique are entwined in some bed time rituals which put the spirit (mind, soul, etc) in a tranquil state, leaving the subconscious open for positive suggestions. The subconscious handles the details whilst the conscious is inert. You wake up a more positive individual.

The subconscious is most responsive when you are about to retire at night. After you've changed into your pyjamas and lying in bed ready to sleep, there's a spot in your mind between being somnolent and deep sleep. At that point, the subconscious is most responsive to suggestibility. I call this spot The Bridge Within. Locate this Bridge Within and place your suggestions right there. This is the most effective way to tune into cosmic frequency and raise our consciousness to a higher level. Once you suggest to your subconscious at the Bridge Within you just have your normal sleep and you wake up the next day feeling different and more positive.

There are several ways to achieve this, and it applies to everyone regardless of their belief system.

Before falling asleep, imagine that your mind is travelling round every part of your body, feel your mind travel through the cells of your body. You may want to start with the head. So imagine the mind starting its journey at the crown of the head in a spiral motion going through the face, the back of the head, the neck, the nape of your neck, your shoulders, your chest, your spine and so on until you get to your feet. Whilst your mind is making this journey from your head to your toes in a spiral motion, make sure you ask the muscle at each stop to relax. Feel a connection between your whole being and the universe, find an empty space in your mind, soul, spirit or simply your entire self. You will feel light at this point if done with concentration. One way to achieve this is to move your attention from one part of your body to the next. Do not see your mind as a different entity, most people make this mistake. You are your mind

The world is closing in on everyone, we can speak to friends across 1000 miles and see their faces at the same time. you can connect your cell phone to a GPS operating system and search for any location worldwide.

Just three decades ago, the level of literacy of a man or woman could be measured by the wealth of their library – size, the number books on each shelf etc. but these days, the world has evolved into modesty; you can have a thousand books in your pocket and nobody will notice. We're saving a lot of space by going digital and the world seems smaller. But what is the fate of all the libraries in the near future?

Will people prefer e books to hard copies? Will more people prefer hard copies because e-books can be deleted easily?

There's only one thing that can be done; find the point of transition from book to e-book, find the reason behind it and see how the reason fits into our various lifestyles and then make up our minds. The e-reader is good when travelling, it helps you to travel light. Finding the transition point in every endeavour helps us understand our motives more and makes us fully present in whatever we do, rather than being distracted and posing that we are concentrating.

This transition point is what I call the Bridge Within. Are you having problems with your relationship – find the bridge within; are you having problems quitting a habit – locate the bridge

within (that's the transition period between you and your habit). All this will be explained better in a later chapter.

Let's use smoking as an example: When was the first time you ever lit a cigarette? Try to think back and question the habit of smoking! What made you light your first cigarette? Look for that bridge, that transition period. Think about how much you've changed in other ways since lighting your first cigarette and you'll probably realise that the one of the things that hasn't changed since then is your smoking. The same applies to other habits. Are you hot tempered? Do you use negative words a lot? Do you condemn other people behind their backs? These questions apply to everyone and they are bad habits – over coming them is one of the keys to a fulfilling life. One way to over come bad habits is through self awareness.

The way to self awareness is paved with emptiness. You have to empty your mind in order to see reality as what it truly is. Whatever is harboured in the mind moulds your judgment of what is presented before you. So to attain self awareness you have to experience inner freedom.

Let's take a look at the two words, 'Self' and 'awareness'