

Book 1 of 3



AWAKENING  
BLUEPRINT

# THE HIGHER SELF

How To Embody The Dreams Of  
Your Soul And Blueprint Of Mastery



*Ben Arion*

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# AWAKENING

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## You Can Be Fully Awake Instead Of Living On Unconscious Autopilot

A lot of what I'm talking about we already know within us, but there are different stages in our lives where we think we know and we really know from our heart, and also feel an **urge of readiness to integrate the change in our lives.**

Change comes when you are open to receive it. **You can't force change from any outside source - you will simply feel ready.**

Knowing evolves and get different meanings depending on your life experiences.

I've noticed that you get a whole new meaning when you have integrated knowledge through what we call, action and experience.

More than 97 percent of our thoughts and behaviour from day to day are almost identical. You think

you're in control of your life, but to a certain extent, you're simply an extension of your past experiences.

We may think we know a lot of things, but we will understand it differently and be able to connect with a deeper understanding when we move through emotionally charged experiences.

It almost transforms into something new that you couldn't grasp before. Now when you can relate to these feelings, you will have a humble understanding of your surroundings and other people who may go through similar things.

The difference between those who manifest their "dream life" and those do not, is that **they don't give up**. They know that eventually, they will reach their goals, but they have to apply physical action and decisions, which is like planting seeds of intention that will be reflected back to you.

They do not resist change and are very open to learning new things



## Why The Subconscious Mind Is Your Autopilot & How You Can “Control” It

**We interpret this world with our physical senses and filter it through our emotional filters and beliefs.**

When we take that bus ride or walk in town, we take a lot of the information in, on autopilot. We may see something that triggers us to think a thought, or evoke an emotional response. It's like the outside world is playing with our mind on a subconscious level.

You've heard the term "What you focus on will grow,"

but do you understand the power behind this sentence? We feel drained when we give our power away to someone or something outside of our self. Its is often an unconscious reaction, to give more focus to the problem instead of the solution. Instead of simply STOP feeding the problem, which strengthen your inner power.



**I want to give you an analogy.**

It is common to give things power that actually has none by itself, or focus on something that isn't really a problem, except within your "mind."

A tree in the forest grows by itself, in harmony with the sun and the earth, it is not dependent on your focus to grow, as it is already provided for by nature. Let's say you gave that tree all of your focus, everyday, to add some energy to this tree, would it

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be necessary? No, because it's already provided for by nature, in its abundance - where you see lack, there may be abundance.

So you are giving energy to something that doesn't need it, or would be fine without it. This is a typical and common pattern in humanity. We give our power to things that don't even matter. **A lot of our problems are illusory.** Taking the first step and to truly understand ourselves is to "know that we don't know."

We see this a lot in humanity's everyday lives - we feed "trivial" things that have nothing to do with the solution itself. Trying to change people's beliefs or adapt to other people's circumstances is an example of typical subconscious behaviour, which will drain our inner power.

**You OWN your thoughts;** you can only change your behaviour and be an example of change yourself. We could live more fulfilling lives if we understood the power of our subconscious mind. Take your power back by choosing to focus on what works in your life and what you are thankful for. No one outside of you can decide what is right for you, or what you should believe.

Do you want outer circumstances to be able to push your buttons and make you react in ways that aren't the highest good for you and drain your mental and physical energy, or do you want to react automatically in ways that give you a sense of choice and fuel your mind with positive energy and empowerment? We are where we are due to our limited beliefs about ourselves and the world.

We get stuck in other people's emotional dramas. You are the source of your life experiences, and you can change it, no matter what.

We put labels on things we see, feel and hear, and we do this in a way that is mostly on autopilot... but where do these automatic reactions, feelings, and thoughts come from? Because they come from somewhere.

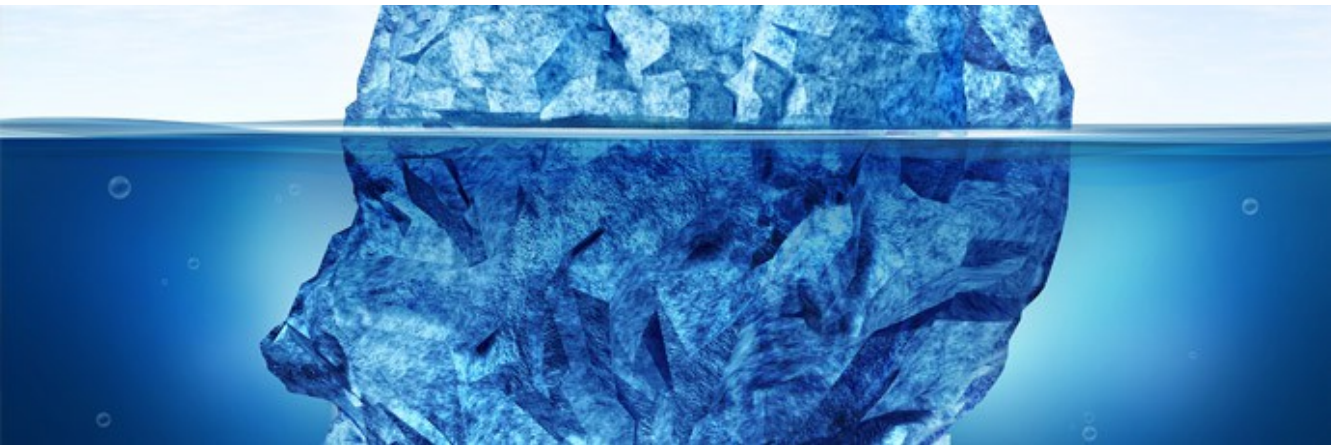
It's all about the subconscious mind. It's like a deep well that will give you whatever you believe is possible, but it may be clogged by limited beliefs that have been there since your early childhood or negative life experiences that come up every time you have the inspiration to change.



You have to understand that your subconscious mind is like a program running in the background in your life.

You can record a new tape, and your physical senses will start to reflect this.

You've probably heard about the powerful ways of hypnosis, where people change and believe they are someone else.



The subconscious believes and experiences things as **FACT** and gives you impulses that either can give you the life you want, filled with empowered thoughts, freedom, and abundance, or a life of resistance, doubt, and fear.



## The Subconscious Mind Is Our Autopilot

The automatic mind is great when you drive your car, or when running out in the street and a car comes towards you and you instinctively know what to do. You don't need to think; it's just automatic...this is due to that it's taken as a "fact." You know this so well you don't need to learn it again - it's a part of your subconscious knowing. What if your thoughts and actions would be this, on all levels, when it comes to HOW YOU SEE YOURSELF?

What if you could believe you were worthy of success, love, and abundance just as you simply know and take for granted how to drive a car?

This is possible. You have, to begin with, your thoughts...this is where your power is...but you need practical tools for this because you can't change overnight with just an attitude of trying to change

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because your beliefs are deeply rooted.

Most of your negative self-talk and emotional unbalance is due to automatic patterns that are activated by all sorts of influences you aren't aware of, and it hinders you to manifest what you truly want. **That's why I want to give you a practical tool to use right away:**

**The Manifestation Checklist with 3 Essential Keys for Attracting What You Want ... Without Doubt and Fear.**

==> [And you can download it here](#)

You can integrate the same kind of steadfast knowing and automatic response when it comes to choosing positive thoughts, even reacting in a totally different way when something unprepared for happens. I don't say it's easy, but it's possible.

You have to be clear about what you want and why you want it, and you have to be willing to repeat things often, as repetition is the secret to re-programming your subconscious mind. You also want to start using mental imaging, like visualizing an outcome as if it's already yours and be that attitude in your daily life. Even if you don't see any evidence of change, you have to continue.

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That's why it's important to do things in life you're passionate about, as you don't want to continue with things you consider boring. If it's something you truly are passionate about, you will want to continue and work on yourself to reach your desired outcome.

**Life will multiply your effort tenfold or even more if you work on yourself.**

People and circumstances will come into your life to support you; you can call it luck or you can call it synchronicity, as your inner life is weaved together with the outer world.

What you believe about the world out there is a direct reflection of your deeper beliefs and what you think you are worthy of attracting in your life.

People hear your thoughts and projections and will help you to magnify your state of being and beliefs, no matter what it is, even if it's a positive or a state where you feel drained. You will attract more of the same, as like attracts like.



## You Attract What You Subconsciously Believe (Without Exception)

You have to get to know yourself so well that you simply will know what is good for you and what's not, what to focus on and what not to focus on. A perfect example is dramas. **The dramas in the outside world, aren't yours to solve; you can only solve your dramas within yourself. You are the only one that can choose to say no or change your internal drama.**

The world will continue as it is, but you can change the way you look upon it. Your state of being will decide the life you have and what circumstances you attract.

I really love this quote:

***"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."***

—Earl Nightingale

Understand that your closest relationships and world view is based on your beliefs. You can't trick yourself into thinking differently, and it will not change until you decide to be true to yourself and see your relationships as a reflection and extension of you. The act of judging anyone outside of yourself is reinforcing that thing within you; it's like you're projecting your guilt on someone else, and it may feel good for a while, but in the long run it will not help. You have to work on your subconscious projections and make them conscious.



It's not easy, as I've said, but it's possible if you have the RIGHT tools. I train my mind every day, as I know that what I think about others is a direct reflection of what I think about myself. See it as a blessing if you consciously can see what you project on others, as it's the first step to understanding that you are responsible for your life and your feelings, and how you treat other people.

### **Don't Wait For It To Happen...**

Don't wait for any outside force to change your life. You are the force, which is stemming from you. So what do I mean by that? You have to train your mind and repeat things until they become a habit and have a clear "core why" or else you will be like a seed in the wind - it will never be able to land in the soil and grow.

I've come to understand that what we call the higher dimensions or other worlds, aren't as important as the here and now, which is TANGIBLE and which you can change and affect. There is no world outside of you, as you choose what to focus on, and that focus is almost always automatically projected, and it's a step-by-step process to integrate your vision and apply things consciously in your life. Don't let anyone

tell you that someone else is responsible for your outcome.

**The draining drama or negativity is within your life because you in some way approve it on a subconscious level.**

It's never about changing someone else; it's about you changing your perspective and choosing to react differently.

How would you like people to treat you if you did something contradictory or something else that you didn't mean, as it was an unconscious reaction? I DONT think you would want people to judge you for that, as you have a part of you that is more than they can see...

So you have to let people make their mistakes, just as you know, you can make mistakes.





## Are You Living Your Life on Autopilot?

The next time something happens, and you may be fast to judge, see it from their perspective. If you were them, how would you like to be treated? Now you respond from a higher place of knowing, **which will re-program your subconscious**.

As you treat that person, you treat yourself, and you will start to implement this, step by step...in small ways at first, but you will understand more and more that people will treat you the same way. As you see people, that's how they will see you.

What we see around us in the external world isn't the truth; it's just the surface of our beliefs. **Why judge an illusionary surface when instead, you can use and invest that inner power that you have, to forgive and fuel yourself with determination and positive feelings...which in turn will inspire those around you?**

Blaming others or projecting that it's someone else's fault will make you feel powerless instead of empowered.

When you go to the Tivoli, you maybe choose to go on board that roller coaster ride because it's thrilling, but remember you did so by your free will...and you know that the steep hill will come where you will get the wind in your hair, and you can't do much about it other than relax and enjoy the ride. It's the same with life - it's a choice you've made on some level. You can't change the physical experience, but you can change your perspective on it.

Some things we continue to do, even if they're not helping us, due to our subconscious beliefs about ourselves.

You need to take your power back, and you do that by OWNING your thoughts and OWNING your experience.

Remember that what you see in the world as events, people's dramas, etc., is your interpretation of it, filtered by your beliefs, and it's only the surface of

things, not the actual truth or how it is.

**Nothing is what's it seems to be. You can only work on yourself and be the change you want to see in the world.**

This is something that is within reach and that you truly can connect with and KNOW, as **everything outside of yourself is mostly a distraction from taking responsibility for your life.** No one knows what's best for you, except yourself.

The thing is, most of the chaos in the world can't be stopped until we choose to stop and acknowledge our inner chaos, and choose to work on ourselves first.

I want to show you that you are the one that is in charge of your life and no one else.

There are techniques and tools that will help you to unlock your inner power. You already have these skills within you, but they're being suppressed or not being worked on at a conscious level.



# You Can Practice The Simple Yet Profound Miracle Of Forgiveness To Change Your Life, By Understanding The Illusion Of Separation



I know that I am responsible for my projections towards people and circumstances, no one else. You can heal the Duality Mind, and this is what this "blueprint" will hopefully bring forth—and hopefully some resistance too because then I am serving my

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fellow brothers and sisters. **Love is about forgiveness.** With this first blueprint, I want to broaden your horizons of Belief. I want to dive into what I will call "hardcore spirituality."

People often just hear what they want to hear. We can only see and hear what we want to accept within our frames of perspective, and we tend to reject anything else as untrue or even dark. This is duality. In fact, duality is also just an illusionary idea.

We believe that there are right and wrong things within this world when it's actually a grand, unconscious mind soap opera. People act and behave as they do because they don't fully understand that we are One Mind playing that we are Different Ego-minds. People feel threatened because they believe that what they are can be taken away from them, but it cannot: it is an illusion.

**If you did have a so-called conscious *dream at night*, would you engage and believe in all the dream symbols appearing in front of you?**

Within this dream you could think, "Oh no, I'm a victim and I believe in what I see," **but you may realize that what you see is a projection of your**

**mind**, and when you discover that within the dream you would tell yourself, "But wait, I'm not here, I'm at home in my bed and I'm safe...so I will **forgive** these images within my mind."

And you may also tell someone within your dream that you are safe because you are not there, and they may look at you and say, "You're crazy." This is how reality is; it's not more real or less real than a dream. You think you're "here, " but you're just a projection of the mind; you are actually with the "SOURCE," always.

**At the moment when you realize that you are the dreamer, you know that you are the cause of it and not a victim, so you change your focus.**

**But if you're unconscious of the realization that you're dreaming, you will believe in your projections and feel lost within them.**

Someone who has awakened from the dream will still be within the dream world but not "of" it, as you say. So wake up from your DREAM! Freedom is knowing that "Nothing real can be threatened. Nothing unreal exists. Herein lays the peace of God." (*From the Teachings of a Course in Miracles*) Everything you see

out there in the world is a representation of your conscious and unconscious mind in symbols. Those events, people, and circumstances that make you feel horrible or disgusted are actually a part of your inner suppressed unconscious mind, and you think that it's a separate mind outside of yourself, but it's a mirror of what is within you.

You project your guilt, fear, and judgment towards these outer events because it makes you feel better about it because it's not yours. You are only judging yourself, **a part of yourself that you don't want to acknowledge within you.**

Your mind won't be healed through judgment or guilt.

**Separation is just an illusion.** Even distance, time and space are illusions, but this experience, here and now, is designed this way, to make it feel real. It's not unreal, but it's not real either.

Can your mind grasp this, that it is both? It's neither this nor that. This is also a trick of the mind. There are no others; there is only one Mind, fragmented into what seems to be different minds, or souls. These are only symbols or words; people call our individual

experience a lot of different things. **It's like different companies selling the same products, *but they have different logos.***

The "SOURCE" does not promote itself through any advertising agency, but the "SOURCE" will help you to find yourself within Duality through all of the symbols available. This is why forgiveness helps you to **"un-brand" the mind**, going back to a naked state of being-ness, beyond labels and concepts.

You will be given the symbols you need to awaken from the dream of separateness. You are here to find that **you are YOUR HOME and that what is outside yourself is within you.** Duality is just a grand play that we've gotten lost in because we think it's separate from us.

The Ego mind is the most awesome advertising agency on the planet. It wants to brand everything, with its motion-picture commercials, logotypes, packages, colors and so on, **and make something become what it is not.** It's only fancy packaging that we very easily get lured into. People don't want to hear that all of what you see in the world is illusions. There are a lot of companies on Planet Earth today that package their products so that they



look great, but in truth, they are empty and shallow, with no value at all; we only give it value due to our inner projections. It's a great trick!

Enlightenment is when you can be in this world but not of it, and you can see your brothers and sisters as another you.

**This reality is like a movie being filmed from many different angles, where each mind is a unique camera angle.** The mind is like an advanced movie projector. Would you judge yourself if you knew that every angle was a part of you within this movie called life? It doesn't matter who is right and who is wrong, it's all illusionary costumes to trick the mind.

Forgiveness is not something you learn in one day; it's something you practice until it becomes a habit, and eventually you don't have to forgive anymore because you ARE forgiveness and love. **Through forgiveness, you change the whole world. One little event of forgiving someone will cause ripples in the eternal NOW moment throughout all timelines.**

**Your spiritual awakening is about stepping out of**

time by choosing forgiveness and realizing that there is no one out there that has done anything wrong that you should judge.

As long as you continue to blame anyone for anything, you will not be free—you will of to Duality and separation.

Forgive yourself every time you run into what we call "obstacles." These so-called obstacles are merely a symbol for your unconscious mind. An obstacle is a mirror, and it will show you what you need to forgive to feel whole.

You can't find IT-THE TRUTH in the world of Duality. It's just a mind-distraction, a never-ending rabbit hole that will keep you busy with all kinds of illusions. You are the truth, and it is within you.

All things I'm speaking about are metaphoric symbols as written text and are not representing truth in any way. Images and words cannot mirror truth; they can just point the way towards what is already within you.

Words are Duality, words are limited, so understand that I'm humble towards you as a reader. You can

**only find true peace within yourself, not in the world, therefore always forgive.** People who don't feel good are too attached to the Ego and the world. In fact, it is we who actually help ourselves. We think we get help from someone out there, like a guide or a friend, but it is you who is giving yourself help. Separation is the biggest illusion there is; it's like the biggest trick you can think of.

The more you judge the state of this world, the more you will feel trapped by it....

**You are already there, and this can be realized through the practice of forgiveness.** Forgiveness will help you to release the glue between you and your ego and connect you with the Truth of the I AM. So which dream are you dreaming, and what dream do you choose to participate in and focus on?

Reality is just a definition and agreement, and we will create new agreements of what Life is in a higher expression, and therefore experience a broader perspective of WHAT IS. You are here to be a "conscious creator" and put it into practice; everything else will come as fruits of that. So see every external happening as an opportunity of forgiveness, because it's a symbol of what is within

you. It will set you free. To be honest, I feel it's hard to forgive some of the madness on this earth, but the more I practice forgiveness, the more I understand that it frees me from the illusion, and it also heals the collective unconscious Mind.

We all affect each other; the Mind is holographic. The Ego-mind is a talented storyteller and wouldn't reveal itself to you. The Ego identifies itself with the body and the story.

What you truly are is ETERNAL SPIRIT. It's your choice to engage with the Ego-mind or the inner guidance of Spirit. New Age teachings have many symbols. These are not truth in themselves; they're just symbols for what you can accept at the moment and understand. That's why it's called illusion because you do not see "TRUTH" in physical reality, you just see an empty projection.

Love is not out there, it's within you, never separated from you. You may say, "But I believe in the horrible things out there in the world and I want to heal the world." That's also an illusion because you cannot heal anyone outside yourself. You can only heal the world by forgiving it. You believe that all the madness out there is truth and is a part of the

learning process, and a part of this Duality experiment, but it's just the Ego-mind doing its thing, just as it has always has done, but in different ways and forms.

You can't stop it because you are the only one that can UNDO it by going beyond it. Forgive what you see, because it will eventually reach everyone when they are ready to let go of the madness of their story and trust in Spirit instead of their Ego.

I hope I've pulled up the roots of the most common spirituality and New Age beliefs because that's what I want. I want you to step out of your comfort zone of the "me" and the "others" and understand that there is no one else and that the Ego-mind is like a crazy carousel that we believe in and that we think we can change. The carousel of the Ego-mind makes us feel disorientated, and we cling to the ride as if our life depended on it.

But in truth your life cannot die, so depend on eternal Spirit and let go. The Ego-mind will just create larger and even more extraordinary stories of spirituality and enlightenment that you can feel secure in. But all comfort zones, all fears, all beliefs will surrender to the eternal Spirit within us; not

until then will you find true peace. The Ego will feel hurt, and it will feel as if everything is falling apart, and you will come home to SELF-Realization in your unique way. It can be compared to taking a toy from a little child. The child will cry because it feels the toy is important, but from your perspective, you know that it's just a projection of importance that this child has placed on the toy.

Only from your perspective, this is easy to understand. Sometimes from our perspectives and beliefs, it is the same as the child. We will feel a separation if someone says that what we experience or place value on is not important, but from a higher vantage point, we could see that what we hold on to is not truly important, even though we won't acknowledge that at all times.

Don't let yourself be distracted by the everyday loop of the collective Ego-mind; it will keep on spinning with its own agenda, which is the idea of Separation & Duality. People will fight and start wars until they find peace within themselves and **understand the illusion of separation.**

So don't expect anyone else to change just because you've chosen to awaken. So let people play that

they don't know, that they are not worthy. You can only let them KNOW the truth, they whom are truly ready to receive, and that will usually come from within them as some surrender because they don't want to fight the fight anymore.

And this is good, because, within this "surrender" from within, you allow Spirit to show you the truth. You as a person can be a symbol for truth, but you should never force it on anyone else.

So BE THE TRUTH OF THE WORLD SILENTLY IN YOUR HEART. Your projection of words and actions within this world will be a symbol for others to awaken from the dream of Duality and Separation. It does not matter what you do exactly—what matters is LOVE. There is nothing to win or lose in this game of duality.

Your service will matter even more when your service comes from a place of unconditional love. How you interpret my symbolic words in this "blueprint" is totally up to you, I'm just a symbol of your conscious and unconscious mind. The words will be "translated" differently, depending on your perspective.



# You Can Change Your Lifestyle & Integrate Your Highest Vision Now - No Matter Where You Are Right Now, And How You Feel

Everything moves in cycles within this universe. One of these cycles is now coming to an end, and this planet is in a process or event which can be compared to an upgrade of an old computer: a new software is being downloaded into the consciousness of humanity and Earth has known about this for a long time.

As every cell in our body communicates with the rest of the body, the earth communicates with every human being on earth, but also with other planets and vast star systems.

We are a part of an even larger cycle within this universe, which unfolds on many planes of existence. Everything is switching or adapting itself to a higher



frequency, and just as we would switch channels on the radio, there is noise disturbance in between the existing planes. Change is a process; our minds need space to adapt and calibrate within these higher frequency bands. It's a very real thing, as everything is vibration, sound, and light. We are transitioning into a new higher perspective of what life IS—the truth can no longer be hidden. Don't wait for anyone else to manifest your dreams!

Act and know that you are the source of your creations. I've notice that many people wait for things or their dreams to happen. We can't wait for heaven on earth, as it is we who have to attune to that lifestyle. Of course, we get a lot of support.

Don't wait for any channeled messages to tell you the latest news about what's happening, as you are the news itself and you decide what you want to happen.

**Instead of trying to change other people's behaviours, focus on your behaviour and feelings, as this is within your power to transmute and heal.**

See yourself as a cell within a body, and your vibration will affect the other cells, as frequency affects matter. When your "instrument" is in

harmony, other cells will listen to that and adapt. There is no external reality as it may seem—there are as many realities as there are people!

There is enough for everyone. There is a higher field of love that many people listen to at this moment in time, and some people will hear and others will not. You can't blame any politicians, any sources outside yourself for what is happening, as everyone is connected.

This is why most people get stuck—because **they believe in what's outside of themselves instead of acting for their highest joy NOW**, no matter what the world is like.

The system is designed to keep people in the limited mind-state and repeat the same things over and over again. What will happen or what will not happen doesn't matter. Change is like a flower—it has everything stored within our DNA, and we can struggle not to experience it, but it's much easier if we can embrace and choose the highest joy for ourselves in each moment and let life unfold.

Don't wait any longer for anything to happen outside of yourself before you act on your dreams!

Be the one that now boldly sets sail with joy, as what we call "the veil" between our world and the higher spheres is gradually shifting. Manifestation will follow your thoughts and intent, so it's all about receiving and focusing on what you want in life rather than what you don't want.

**There is no one outside yourself that creates reality, as you are the creator of your life experience.** Not all people will want to follow the path of Truth, Love, and Peace, but you do. So be the change! That's why you are here—to live and be an example of the change we call ascension.

Wait for no one and nothing as you are the One who is LOVE IN ACTION. You are here to empower people to see that what we call external reality is a reflection of your mental attitude and beliefs. The core of empowerment that I want to remind you about is to KNOW that you create life from what you speak, do and believe, which has nothing to do with what is outside yourself.

Don't compare yourself with others or worldly circumstances—choose to create from your heart instead of being a victim because you believe you

have no power.

Reality will not change until you choose to BE the change. Act from your willpower with love and intent, and life cannot do anything else than change. Life may seem disconnected and random, but it is connected and every choice you make, everything you radiate, will have an effect on the overall consciousness, as empowered thoughts and feelings transmute lower thought forms.

One part of our role here on earth is to ground the higher frequency into the earth and its consciousness, or we can also say that we are conduits or antennas for Mother Earth so she can receive this energy.

You don't need to know the truth outside of yourselves which is mirrored to you in symbols; truth cannot be found in the world. The truth isn't a thing or a certain belief—truth is the symphony of love that you can feel when you are centered and fulfilled by your Inner space. It's an energy beyond concepts, ideas, and Duality.

So stop looking for truth outside yourself, in people, and in events. Instead, give yourself the time to slow

down and reflect on the Inner peace, which is who you truly are. Due to unconscious programming people tend to think and focus more on what they don't want instead of what they want to be, do or have within their lives. The unconscious mind attaches itself to the problem instead of focusing on a solution.

To give you an example, if someone read a negative post on a particular subject and this person is wasting all their energy on trying to defend or change anyone's belief, then they are just feeding their unconscious mind with more fire, instead of with the solution that would give them more energy and inspiration.

You cannot create a solution on the same frequency level as the problem.

You have to raise your vibration by choosing more harmonious and conscious thought patterns and let your feelings be your guidance system. When you feel good, you know you think thoughts that serve you. If you feel very drained, it's an indication that you aren't in harmony with your highest vision and intent.

True freedom is to know that you are the creator of your experiences and that no one else can impose themselves onto you, but many times we let people impose their reality onto ours, again due to the unconscious programming that we have no power.

What we call reality is much of a distraction, as it will give you more of the same over and over again, **until you change your mind**. If you truly want to live a life without addictions, without a struggle, you slowly lighten up that bulb of awareness within you, tune into feelings of gratitude, happiness, or whatever makes you feel lighter, and hold this state as long you are capable. It's like training your muscles, because if you repeat something often enough it will be what we call a habit, and your habits will become your lifestyle.

Don't let the state of the world show you the way to your joy, but create your joy from within! Life does not "happen" to you, life is created by you. **When you start to take responsibility for your Inner peace and always act without getting stuck in what we call outer reality, you become a magnet for a change**. You cannot change this world if you are encapsulated in a sphere of fear, believing in everything you see around you.

You have to break yourself free by raising your frequency, and this will also help you to feel everything and see everything with a higher understanding.

It's better to broadcast thoughts of love, which will raise the collective thought patterns, instead of clinging to your fears of the external world. This is what media does best: create fear and hopelessness in the minds of people. You are more capable of assisting or helping people when you are grounded in knowing that all people have the power to create worlds within them.

You have to be a living example of this lifestyle, and your life will touch many people's hearts, as everything is connected. Your focus on raising your frequency, so it's a match with higher thought forms like joy, etc., will affect this world and its collective consciousness, so people who may be "unknowing" will be guided to their destination.

You are here to live your truth and anchor this knowing, and live it in every moment. If someone judges people they don't know in real life; it is like guessing how a fruit will taste before you have

actually tasted it. You don't have a clue... It is very comical that people give most of their energy trying to change other people or convince them of something, instead of living their DREAM and passion. This is what matters! Never judge anyone outside yourself; this is mastery, as you KNOW that they are just a reflection of your inner fears and beliefs. Many people are not aware of this, so be an inspiration and do not respond to their limited projections.

Love them as they are. We have all been there. My simple advice is to KNOW THYSELF, as everything you project from your mind is about you. No matter what other people do, say or believe, you are the creator of your life experience. People say that some are wrong, and some are right, but they are equally correct. As we all create our perspectives, we are creating self-fulfilling prophecies.

If you ask for it, believe, project it, vibrate it, you will receive it! It's that simple.

**Stop looking outside of yourself for answers. As you progress to mastery of self, you will KNOW that you are responsible for your life; this is what the Planet Earth School is teaching us with patience and love. If anyone judges you, it's not**



about the other person in truth, as it's only a limited spectrum of thoughts and beliefs that create separation instead of understanding.

We have been unconsciously programmed throughout this lifetime to depend on external things, letting these decide for us how to feel instead of choosing a state we prefer just simply because it's a part of us, and letting it blossom.

People will ride the cycle of Duality until we choose to take responsibility for our projections (everything we say, think and do). Then you are free. But it doesn't matter what I say here as many people will try to find other people to be responsible for their lives.

**So ask yourself....**

## **WHAT DO I WANT TO CREATE IN MY LIFE?**

You always get the core of what you believe. Some may believe that they have to struggle to get the results they want, and some believe that it's very simple to get what you want. Both are very correct, as it's all about their relationship with self. As you start to vibrate your inner beliefs truly, they will start to manifest; initiations will come to see if you

have truly mastered unconditional love, no matter what people think or believe.

To raise your vibration is an inner choice and something you focus on in every moment. It's not a part-time thing. To raise your frequency is a very real and physical process; it's not a NEW AGE belief. It's a science in itself—frequency is what matters. People can deny this as long as they want to, but those who know this truth will take charge of their lives, let go of their victimhood and create good in their lives because they know they are worthy and whole. You aren't separated from humanity; you are humanity individualized.

I will state once again that your thoughts, feelings, and intent will create your so-called reality, so learn to master these inner qualities as they are the core foundation for your life. You always have a choice to create from love or fear, no matter what happens in the world, and it's good to practice meditation and to understand that you are the bearer of peace and love. Every day, in every moment, I live through my heart. I know that my heart guides me, even when I'm not conscious about it.

I am not writing to convince, and I am not writing to

change anyone. I walk the talk in everyday life, like anyone else, and it's important for people to understand that you have to change your thoughts and practice on becoming consciously aware of your inner energy and emotional frequency. Take responsibility as you create what we call reality; no one else will create it for you.

People get stuck in other people's lives and think that they have to adapt to them or any certain rules. LOVE is not a rule—love is what matters. People who think and believe that they are victims will continue to attract that until they understand that they created it all.

The universe is not judgmental—it gives everyone what they believe in and thinks about. Doubt and fear are the only blockages, and these are becoming more and more obvious as they cannot hide from you anymore. You have to stare them in the face and release them. It's a process, and it's different for everyone.

I live a life in joy, in what we can call abundance, and it's not about money. It's actually about feeling good and knowing that you created it, to begin with. This is true FREEDOM. I do not know anything except

myself. For those who don't know me personally, I am very focused and determined when it comes to creating within physical reality, as it's my specialty. The ego is no longer a threat to me, as it is more a part of who I am.

You can have an ego and be spiritual, it is not a problem, as long as you are aware and present. Don't deny that you are a human being here on earth and don't try to remove such a divine gift. Play with it, and if people don't like you, it's not a problem either, because you cannot hide forever—you know that personality of yours is a part of you.

This is why people do not always feel good—because they adapt to things and people they truly do not prefer, instead of creating consciously what they do like.

**If you suppress your joy and Inner spark, you will feel drained, but if you encourage and take small steps towards your vision, you will thrive.**

Where I am at the moment is about fine-tuning the inner sensations of frequencies, as truth is found within. Let your focus simply be to feel as good as you can NOW, and if you don't feel that good, act

and behave to the best of your ability as if you already are what you are seeking. What you are seeking is seeking you, as frequencies are magnetic and it's a law within this physical universe that what you focus on and think about most of the time will make itself known to you in some way.

There is no outer reality that affects us. The reality is a mirror of our inner state of mind or thoughts. If you feel stuck in life, something as simple as giving yourself the time to stop whatever you are doing and do something that changes your focus could get you closer to what you do want.

Every thought is like a seed, and your vision can be, in every now, to plant thoughts that give you energy and a habit of trusting instead of uncertainty. Your lifestyle is what you want it to be.

You can blame someone else for a while, but your understanding will hit you in the face as you become more aware of the unlimited universe that is within you. It will feel impossible at first, taking those small steps in trust, if everything is the opposite of what you want.

Begin to acknowledge that you've created everything

that you experience right now and accept it, and tell yourself in any way you know that it's time for a change. Be and follow your heart's vision. You may not know how, but you know it will be possible. This is the leap that we all make at some time. When the wheels start to spin, it will be easier and easier to trust that what you think and feel is what will manifest. It is all very simple.

You have everything in your life because it's a match of your frequency. Your brain is a frequency transmitter of great magnitude, and you are broadcasting 24/7. Don't be afraid of your thoughts. They are a program, or like a tape recorder that has repeated itself so many times and you feel safe hearing that same show.

To reprogram this unconscious tape, begin to do things differently. This is where the wheat is sorted from the chaff, as making things different is not always for everyone. You have to break these cycles of habit through conscious choice. The universe will work with you, always. You create all of it; this is why outer events within this world will not affect you if you're not in some way indulged in them.

This is not ignorance, this is mastery, because if you

train your mind to be in a frequency of love for longer and longer times, this is your mission. You will notice that much of Duality will become an illusion, as you know, everyone is the creator of their lives. You become the gateway for people to access another way of living their lives. I will give you an example: if someone would here "noise" instead of music on a radio channel, and did know how the radio switch worked, that person would immediately switch frequencies to something that was in harmony with his/her higher vision. Without effort. Everyone is where they should be, or else they wouldn't be there.

So don't let yourself believe that what you see within this world is about saving anyone; you are here to consciously tune into another higher love frequency, and those who are likened in frequency will follow. It's a natural evolution.

It will come in waves; this is also called ascension, in a cool word. The world is truly within you—as you look at it, what do you see? Because everything you see is yourself, mirrored.

People who are focused on the lack of things will create more lack, as this is a universal law. This is

why it's important to slowly work with yourself towards a more harmonious range of feelings. Feelings are the language of the soul. You know what is good for you and the right way when you feel good.

I want to be more practical in my techniques and ways of integrating a lifestyle that makes you feel good, and that inspires you to create your dreams. This is not always easy, but it's possible. There is a structure; there is universal law within this universe; just as the law of gravity, there is the law of attraction.

Your brain is a frequency transmitter, and your feelings can be compared to an inner GPS guidance system. When you feel good, you are in what we call a higher frequency band, and this means you are in tune with the Universe. So the simplest tip I can give you now is to feel as good as you are capable of at this moment. It may not always be a feeling of bliss, but you can begin with an appreciation of everything you have within your life, as this is a good start. Instead of trying to change what is outside you, that you aren't satisfied with, understand that it is so because you are in tune with it, or else it wouldn't be there.



You cannot experience what you aren't a match to in frequency. The world isn't happening to you—you make it happen. People who criticize others and don't feel good about themselves actually create this reality themselves, mostly unconsciously. They cannot see or understand that what they think and project creates their entire life. People who are skeptics and judge others will attract more that strengthens their beliefs of this perspective, as you always receive a reflection. You can only be in charge of your feelings and thoughts, and this is very important to understand as you aren't a victim of anything outside yourself. You are where you are right now because you created it.

This is empowerment and the first step towards being a conscious creator, what we call an Ascended Master—to take responsibility for EVERYTHING that is projected within this reality. Do you think a Master from the higher dimensions would ever come here and criticize and engage in what is wrong within this world? Or do you think the Master would point people in the direction that they can choose exactly what they want, as everyone is living their creations in full 3-D experience?

People are confused and depressed due to that their energy bodies are clearing, and it's depressing for a while to let go of the old self and its limiting beliefs because it was a part of your identity. It's not wrong to feel as you feel; it's very good. So what do you choose to be, do or have? There are no right or wrong answers, as there are no external forces that tell you what to do. People are ready when they are ready to understand this. When I see what we call negative people, I just see a part of myself that is confused and cannot see or understand what they are projecting.

The mind can become so confused and programmed that it is actually responding like a robot, so it's not his or her fault. This is what many people go through: they let go of their robotic side and become humble and loving towards one another, through forgiveness. People who are aware of their actions and words do things with intent and never project hate towards any other living being.

This is self-mastery. No one outside yourself can control you. You only let people control you, and this is hard to understand. Your job isn't to behave as others want you to behave. Your life is about defining you and what you want to experience within

this life.

Some people feel offended by others on the street or the Internet, but if you truly know who you are and what you stand for, you won't let anyone hinder you. There isn't even need to defend yourself against negative people, as the simple act of defense makes the negativity even more real. There isn't any external negativity; all negativity is within you and you are the one in charge.

Focus daily to hold a high vibration, and I promise you that your feelings will go up and down like an elevator and it'll feel like everything is just happening to you, but the longer you focus on keeping this loving feeling, you will notice that you are in charge and the best thing you can give someone is your joy.

Don't let people make you feel responsible for how they feel. People who feel that you have a responsibility towards them to act and behave in a certain way, to make them feel happy, really have to find this within themselves. This isn't always an easy lesson. You can, of course, be a guiding light of hope, because you create happiness from within, rather than depending on something else.

Ascension isn't always a simple path, as it's all about understanding your responsibilities, and some don't want to take responsibility of EVERYTHING within. As we create our realities, sometimes people get stuck in others' creations. There are wars and conflict on this planet due to limited awareness and understanding. Your simple act of taking care of yourself and stopping the war within your mind is a huge step for humanity, as we are all like interconnected cells on Mother Earth.



## You Can Be & Live The Highest Vision & Expression Of Yourself

Everything is synchronized and interwoven. Focus on your spiritual path and awakening. Give less energy to negative propaganda that is outside of yourself. Everything that is happening on the so-called outside is just a fading drama.

It's a 3-D world falling apart. This is confusing to the

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mind. So be the TRUTH and ground yourself. The mindset on earth has been, "Be afraid and be suspicious." Compare that to the new mindset, which is BE LOVE, BE JOY and TRUST. Of course, some will feel it's naive if someone states that. People are not used to being happy and in total joy. This is how it's going to be on earth, so you can change your focus starting today. It's up to you. Why wait?

Some will hold on to the fear, even when change is happening, because of old programmed beliefs. It's like a deep trance state that is now melting like snow in springtime. People fear that they will be deceived, but now is the time to BE THE HIGHEST VISION OF YOURSELF.

Understand that you are a miracle. You are a part of an adventure, and you chose to be part of it. There is no outer threat to be afraid of; you can go beyond this by following your heart. I doubt that people love to believe in negative things. There is NO WAY OUT—THERE IS ONLY ONE WAY IN, and that's through your heart.

This earth society has been built on distorted ideas and beliefs. What matters in all of this is the truth of each human being. A lot of people are suffering. I

will not go into why they are where they are because it's different for each soul. Everything isn't what it seems to be, which I've said before.

We get caught up in what we see with our physical senses, but when we start to feel and see with the heart, and it is not a match with what we see in the physical world around us, it's really important to stay firm and trust your heart.

The 3-D frequency is very dense, and illusions are frozen on the surface, and sometimes we get stuck. Melt this frozen river with your heart and let your feelings tell you the truth. The heart is intelligent and needs no evidence. Truth IS, no matter what beliefs we have in the end.

Some people believe in their own "knowledge" so strongly that they really think it's truth. To practice detachment and know that your knowledge is temporary is good. It will be replaced with higher and higher truths. Our heart has no need of knowing; it's more into being truth in the now. To say that I KNOW NOTHING isn't popular from an ego standpoint—it's more popular to say, "I KNOW so much—look at me." Everything we think we know, we have to let go of.

You will intuitively feel very simply if something is positive or negative. There is no need to be in fear. It's just a simple, "No, thank you—I can see it for what it is." See these attempts of negative powers as a desperate effort to try to lure us into illusion. Do you fall for that? Sooner or later these things will be obvious to everyone. Teachers of LIGHT focus only on the positive and don't feed the negative. I don't care one bit about the negative forces out there because they aren't important.

They have helped us to understand what we don't want, and that is enough. (This is out of love, not ignorance.) They will find their way of LOVE when it's time for them, so I only focus on what I can do to raise my vibration. It's not ego; it's your mission. We came to this planet TO BE THE CHANGE, and how can we be the change? YOU LIVE IT AS IF IT EXISTS RIGHT NOW!

There is not one bit of time to give focus to any negative force outside yourself. Some may translate this as "Nothing will happen if we just sit still and do nothing." I want to say to you that by raising your vibration or frequency you will affect everything and do things you couldn't even imagine you could or

would do.

The light frequencies totally change your being and the way you look at and perceive things, it's like you get a higher perspective on things. We don't always have that higher perspective, and this makes us confused because we don't understand why certain things happen. Instead of running around blindfolded and doing things, which won't get you far, it's better to move slowly and love yourself more and more every day. Eventually, you won't even care to look at negativity anymore because it's not available to your mindset anymore. It's like it's non-existent.

You have switched channel frequencies, and this is by choice. Some people may want to remain in the channel of violence, etc., but we will do all we can to help them simply by being our highest vision, without force, only through inspiration. We will see negativity in a higher light and instead of being dragged down by it, we will transform it. You can only be manipulated when you are in a state of fear.

Outer forces want to make you feel this way in every way possible. And they only succeed if you are out of balance and if you don't know who you truly are.



Ground yourself and practice the art of being your highest vision in every moment. No one knows the whole picture. The loving support we get would shock us if we felt it fully. We get stuck in beliefs or the all-knowing Messiah complex, and we forget to feel that we are indeed under loving guidance. Be strong and choose love. You are protected!  
BE THE HIGHEST VISION OF YOURSELF!



## You Can Take The Leap Of Faith Through Emotional Stretching & Trust

Love doesn't need to be defended or proven, so I recommend not to engage in other peoples' dramas. You can be an observer of the drama and see it for what it is. It's a temporary movement that has to play itself out. There will come a time when we will just have to give up everything that we've known to be true, or known how to do.

Beliefs are layers upon layers on THE IS-NESS OF TRUTH.

Being honest is natural for the soul; it is pure and has no agenda. Being honest with other people means to open up your heart to others, which can be felt as leaving your comfort/security zone. But we will feel a pull within us to BE HONEST AND TRUE TO OURSELVES AND OTHERS IN EVERY MOMENT, even if it doesn't please everyone.

To BE love does not mean to GIVE FROM EGO BELIEFS. It means to know and give from a loving integrity, from a part of you that loves yourself. We can feel bad or drained because we sometimes do things we don't like to do. It is the ego that thinks we have to do things for others or they may be disappointed or won't love us. This concept is based on fear. We have no obligations because we are free beings with spontaneous creativity.

It is a huge step to SAY NO from your heart with integrity rather than saying YES from your EGO because you feel obligated. Integrity is good to practice because it teaches you about your energy field. Remind yourself when you make a choice: "I will act with loving integrity." People may want you

to come back to their reality or feel discomfort because you awaken a deeper choice within them, beyond the logical mind, that connects them with their hearts.

Just as you have to learn to drive a car, taking basic driving lessons, you are learning to be the driver of your experience.

**To harmonize your heart, mind and ego is a process that comes *in waves of integration* and self-realization.**

Depression is so common in today's world, and that's because we don't care to feel anymore because we can't see the full meaning of life. It may feel like a repeating dance.

In the deepest depressions, there is the greatest light because we feel so alone and so helpless that we just give up. This is where we begin to KNOW who we truly are.

We doubt, we are afraid, we choose to become strong through emotional stretching. I would call it that because it awakens a higher dimension within that is not possible through external experience.

We integrate and become compassion; we grow like sensitive flowers in the middle of chaos. We have to learn to trust our own INNER KNOWINGNESS and taking the so-called leap of faith is a hardcore choice. There aren't many people who by free will jump straight into the unknown with a smile on their face. The ego becomes paralyzed and does everything it can to hold on to the past by creating a secure future.

I must personally say that the times of security are gone because we don't need to protect ourselves. We need to step into our LOVE and be who we truly are. Layers of Identification and beliefs are being peeled off.

The comfort zone of our ego is being stretched, beyond the ME and MINE. This is threatening to the ego. And we become depressed because it feels like we are losing ourselves, a very loved part of ourselves.

Every moment is filled with LOVE, and you can be IN LOVE now. Know that you are loved, and through this energy, a loving integrity will be born, which will and can say no to things it couldn't before.

**Love is, knowing yourself and your energy.**

You know yourself so well, but layers and more layers are cluttered together, so you've forgotten about self-love, which is not egoic, it's loving integrity, which will mirror and make people remember that we have a self-responsibility to love ourselves first, and then we can give from that, or else we will feel drained.

When egos speak to each other, it's mostly about, "Listen to me because I need attention." When hearts speak to each other, it's unconditional love, in silence and pure knowingness, without adding anything.

People who connect through their hearts do not need to convince or prove to anyone about who they are. It will simply shine through effortlessly. You will be guiding people with the silence of your heart and the energy you are emanating. It is all about "Vibrational Attitude."

We see a lot of arguing or egos smashing together. It's all a part of the integration of loving integrity and self-love.

Don't take it personally. It's when we think we are the "little me" or personal that we easily get dragged into the drama and want to feed it. Our emotional body loves drama; it's like fuel. The transition from an Ego-reactive mind to a non-attached-active-clear mind is a process, and it cannot come all at once. It would make people crazy. We get as much as we can handle.

The spiritual heart is like a muscle; it is being trained and stretched in ways we couldn't even imagine. What is being done on this planet hasn't been experienced anywhere else. When the heart is so stretched, and we think we can't handle anything more because it's too much, we will notice we can LOVE even more. There is no limit.

I understand the ego. It feels like it wants to have control over these "higher" dimensional frequencies. It wants to figure it out, but it never can, so it will surrender as a servant of the heart, instead of being a controlling leader.

**We are moving beyond boundaries, where no one has gone before.** Predictions aren't the way; it's all about TRUST and LETTING GO of everything you know, and receiving what is yours to receive. The

ego would call this foolish or say, “Be careful, it may be dangerous.” Your heart will say, “I AM READY!” When the emotional tidal waves are hitting your nervous system, it's good to meditate.

Dwell in the ZERO point and unconditional non-attached neutral energy. Being neutral is not ignorant; it is a state of Being-ness that harmonizes and revitalizes your body and mind. It is the center of YIN and YANG.

It's our ego that is afraid of being ignorant. Our hearts don't know ignorance; it's allowing ALL LOVING and forgiving.

You are becoming a NEW YOU. You will look back at yourself, the self you are now, and smile because you will understand that you had layers upon layers of Idea-beliefs that you thought were you. Our thoughts are like programs in a computer, but the actual programmer is YOU!

Instead of incarnating in a new body, you are Incarnating your HEART and light-consciousness right here and now. You don't have to leave your body to experience WHO YOU ARE.

Balance and harmony are keywords you should focus

on. The ego Loves to be in LOVE and doesn't like to be negative. That's why we are thrown back and forth; it's the Law of Duality.

It's the rubber band effect. Find your center, dwell in the trust and integrate it into every cell, knowing that you are the path, that there is no separation between you and your highest joy. All of this may seem like mere words, but I'm sharing these words on a carpet of LOVING INTENT which will be understood by the heart.

You are bringing the TRUE NATURE OF LOVE into the world, just by being who you are.

Taking small steps at a time, you are a like a flower growing. You can't force anything from the ground; it will grow slowly and with grace.

The sensitivity of your body energy will rise, so take time for yourself and listen to what it needs. Simplicity, Love, and Truth.

Be The Highest Vision Of Yourself,  
BenArion

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