

The
Pocketbook
Of
Life

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Preface.

***I am inspired to write these
words so that I can present a
straightforward meaning to
spirituality and its connection
with all of us, to clarify its place
in today's world when we are
looking for peace all around in***

*complex procedures and
material endeavors and strict
practices that we cannot keep
up with. It only seems logical
that it must be a difficult way
to achieve peace, but if we are
barking up the wrong tree, we
destroy its purpose. The*

*chapters in this book are the 4
basic realities that we do not
pay enough attention to. And
these realities rule us moment
by moment. Once we
understand its place in our
lives, we set ourselves up to
move towards success in love*

*and peace. Based on which
anything can be created that
will benefit humankind and
move us collectively towards
evolution. Collective evolution
will only happen if the
individual evolution happens
simultaneously. This book will*

*set the stage for choosing the
right states of mind so we can
have clarity in the basic
understanding of life....*

*In other words... put ourselves
on the right track so that we
can reach the right destination
from where a new adventure*

begins to make us smarter and

happier eternally...

INDEX

1. GOD

9

Why is it important to know God without any boundaries of religion.

How do we do that?

2. RELATIONS

132

What is the actual relationship with everyone and everything existing? Why is it crucial to know how and why this connection was created. Understanding relationships and seeing things in a new light will bring clarity before we commit or draw conclusions about others that makes life difficult.

3.

4. **FEAR**

219

How can we overcome this one thing that cripples us in all endeavors. Why does it exist and how can we overcome it daily without all the drama.

5. **FEEL**

293

*Where do feelings fit into our lives?
What is its place and why do we need to give it far more importance over thinking and why.*

GOD

Who is God?

God is our REAL parent.

What do you mean?

God has given birth to our soul.

All of us have a soul that has

been originated from the

*original soul God. Without the
soul we are lifeless. So even if
our biological parents have
created this body, it is lifeless
without the soul. So that makes
God our original parent.*

Does God exist?

It's like an abandoned orphan

asking a question- Do my

parents exist?

Just because we cannot see God

doesn't mean She doesn't exist.

*It is just that one cannot
connect to God and so it seems
like that.*

I don't believe in God...

*It doesn't matter if one believes
or not. It is the fact of the
existence of all species. There is*

always a parent from which

came a life...

Does it matter if I believe in it

or not?

Belief can be a construct of the

mind...

But to 'know' something is

what will make a big difference

to one's life.

It is like connecting to a high-

speed internet or not.

We can have an excellent

computer but if it doesn't have

an internet connection it

doesn't satisfy us

So how do I connect to God?

By living from a feeling base...

What is living from a feeling

base?

It means feeling all the time...

Feeling is our connection to all

that there is... and hence live

and experience... and be alive.

I am already feeling all the

time...

*We do not differentiate
between thinking and feeling
much...and therefore we
confuse between thinking and
feeling...*

*Most of the time we are in the
thinking mode...not feeling...*

*And even if we do feel and
think at the same time, we
choose our thoughts over our
feelings...*

***That is because our feelings are
crazy at times, and it is not
appropriate to choose them...***

*Right! that is why we need to
first and foremost start the
process of cleaning them, so we
have good and cleaner feelings
to work from...*

How do we do that?

*By feeling them one by one as
they erupt during our day-to-*

day living and experiencing

them internally without trying

to resist them mentally.

But I can be harmful to others if

I do that..

One needs to do them in

isolation till we have cleaner

and cleaner feelings....

Isolation means without taking

any intoxicants or physical

action of any kind...towards

others. Not even talking about

it...

And others include all the

people we love or not.

Again...why am I going to do

this?

So, one can connect to God...

And why do I want to connect

to God?

*So that we can have a high-
speed connection to whatever
we want.*

*So that life can get easier and
more fun...*

*So that we can understand life
more and more....*

*So that we can see the beauty of
this life...*

*So that this world becomes a
loving place for us to live...*

*So that we know what to do
and when...*

*So that we can spread that love
all around...So that we can get
what we want to evolve as a
human...*

*And so that we remember who
we really are.... etc.*

***How do I know if these things
will happen after I connect to
God?***

***By living the experience and
feeling the connection...***

***What if God doesn't want to
connect with me?***

*All parents want to connect
with their children...and
besides God is million times
more loving than our biological
parent...and He wants the
connection much more than we
want it.*

Then why doesn't He connect?

She is connected all the time

which we cannot see or feel. He

wants us to desire the

connection and clean the

darkness we have created

around us so we can connect.

Why can't He do all that for

us...

One of the greatest gifts He has

given us,

is 'free will'. He will not

interfere with our free will.

It all sounds too simple...and

life seems more complex...

*It is simple to understand but
because we have made living so
complex that we cannot accept
the simplicity of it...*

So, what can we do?

*Well experiment with what is
written in this book and see
what happens...*

Which is?

Desire to connect with God.

Live a heart centric life.

*Clean emotions daily so the
channels of connection are
clearer.*

To start with...

*Which God are you talking
about? There are many
religions and Gods in this
world...*

*I am talking about the God who
created this universe. No one
has seen Him/Her.*

And what about the religious

Gods?

There are no religious Gods.

God is not an entity of religion.

He is an independent entity

with a lot of children who have

created a version of Him in

*their minds. Which they call
religion.*

So, God is not a part of religion?

*God is a part of everything that
is loving. It can be religion or
movies or anything else. God is
the creator of this universe or*

*universes, and we are His
children who have the same
qualities if we evolve.... which
is... at this moment lying
dormant within us.*

Why is it dormant?

*Because we are not living in the
way as to exploit this capacity.*

Which is?

Being heart centric.

***What does be heart centric
mean?***

*It means feeling more than
thinking. We give most of our
attention to thinking and not
feeling.*

*Why should we feel more than
we think?*

*Because feeling our emotions
makes us a better human and a
stronger human in all aspects.*

But thinking comes more

naturally...

No... feelings come more

naturally...

thinking is trained into us...

When a child is born, he/she is

born feeling, not thinking...

That is the natural state...later

we start thinking to survive...

So, is thinking bad?

No.... one needs to think only

when it is required to think.

But our feelings, that give us

*the strength we need to be an
evolved human.*

***But science is based on
thinking?***

*That is why it is not as evolved
as it should have been...*

***How do we start living heart
centric?***

*First and foremost, convince
the mind that it is what one
wants to do.*

*Second understand why one is
doing that.*

And third just start feeling

more...

How do I know if I am feeling

more?

One's intuition heightens and

one knows intuitively.

*Besides one gets more creative
at many things... life just starts
getting better in all directions...*

*Love increases in one's heart
and mind.*

The mind gets sharper.

Etc....

*How does the 'mind' get
sharper if I am living heart
centric?*

*When you give the mind a rest
from thinking it gets sharper.*

*Just like one enjoys eating more
after not eating for a while.*

It is more intricate than that.

*The mind is not designed to
take control of all the aspects of
life. It is a computer with data
only. And the body reacts to it
depending on what data one
has stored in it.*

*The heart is the head office
where the data can be cleaned
and stored properly to be used
by the mind when necessary.*

*Only the heart... our emotions
have this power to sort and
shift and clean emotions.*

***So, if cleaning emotions makes
our life better why do we need
God?***

So that life can get even better...

Is it possible to make it better?

*We are eternal and life never
ends... so is evolution... and so is
better and better life...*

It all sounds too farfetched...

*Yes, because at this point, we
do not have clean enough*

emotions to imagine a bright

future eternally...

All happens accordingly...

The more we clean our

emotions the sharper the mind

gets...the more we expand our

imagination...the more we

believe in the better future...

All is interconnected.

I was told it is not good to be

emotional...

Yes, it is not good to be

emotional when it is not clean...

What do you mean clean?

It means when it is not loving

for all...

But what is loving to one

person might not be loving to

others...

*Yes...that is why we must first
and foremost just
clean(experience) our emotions
without prejudice and slowly
but steadily we start to feel the
uniformity in ourselves. We
intuitively know what is loving
and what is not. And we all*

*know what that is. Because we
are all created by the same
parent. We are brothers and
sisters.*

*We innately know what is
loving and what is not.*

***So why more people are not
cleaning their emotions?***

*Because we were not educated
enough in this aspect.*

Why is that?

May be the time is now...

***Why do you think the time is
now?***

*With the emergence of AI and
technology getting smarter and
faster we need to be up to par in
capacity to use it and not be
ruled by it. We must get
stronger internally to not be*

*afraid of it and use it to our
advantage.*

*If we do not evolve at all levels,
we might give a loaded gun to a
naughty child.*

***But we do think we are evolved
as humans...***

*Not if we cannot face our own
fears...*

*Not if we disconnect from our
original parent.*

Not if we hide our emotions.

Not if we segregate humans

into color and financial status

etc.

Not if we kill...anything against

its will.

Etc....etc.

*Why is it necessary to connect
with the original parent 'God'
to be advanced?*

*In simple terms a computer is
good if it has a lot of stored data
to work from... but with a high-
speed internet connection it is*

*exceptional and has the
capacity to evolve.*

***How is God as same as the
high-speed internet
connection?***

It is much better than that.

This is just an explanation for

simplifying to our current

mental state.

In a high-speed internet

connection, we can process a lot

of data...we can use it at our

whim...

God is all the data that ever was
and is evolving every second
and is at our disposal if we are
connected...

In my mind God punishes us...

That is the idea we have

because as children we were

punished by our biological

parents in some form or the

other and secondly, they

believed in a punishing God, so

we have inherited that

*knowledge. Also, the world
around us did the same so we
were indoctrinated in it.*

*God has in place laws that acts
to protect this universe and Her
children. She has given us the
gift of free will...remember.*

*One can destroy everything if
there are no natural laws
protecting it. Just like we might
give complete freedom to our
children, but we will create a
safe environment where they
can experiment until that
boundary can be expanded*

according to their maturity

levels.

We think God punishes us

because we misunderstand

God.

But why are children and

babies seemingly punished?

*Children inherit a combination
of traits from their parents and
their parents from their parents
and it went on for millennia in
the past... unless it was cleaned
by some individuals in the
family. Which is usually done
randomly and so we get a*

*mixture of clean and unclean
emotional traits in us when we
are born.*

*Before children are conceived,
they are in a pure state (like a
new canvas) where they are
ready to come into this world
wherever and whenever there is*

a match of personalities. They

do not have any fears.

They might be conceived in a

terrible environment...but they

do not have fears about it.

Secondly, they have the

inherent quality of creativity

like the original parent (God)

in them.

But ones they are conceived

they start absorbing the

emotional condition of the

biological parents and the

environment around them

which makes them subpar...

*only because the people in the
environment surrounding the
baby think and feel a certain
way.*

*So, it seems like God has
punished that child...but the
reality is that we humans have
not provided a safe*

*environment for the baby and
the baby accepts what is given.*

I am still not convinced...

*As Einstein said... One cannot
find a solution with the same
state of mind that created the
problem.*

This is true here...

Because we have deep

emotional scars we cannot be

convinced. Emotions always

rule our thoughts.

*So, to understand this we need
to start cleaning up our
negative emotions.*

*But I do feel and experience
pain (i.e., clean emotions) from
time to time...*

*Yes, we all do that by default. It
is a natural process of
detoxification; the only
problem is we are accumulating
way more than we are detoxing.*

More so as we age...

Why has God given us old age?

That doesn't seem fair...

*Yes, it is not fair. God has not
given us old age but has given
us free will. Because we abuse
this free will, we make*

ourselves old and weak by

making unwise choices.

But we all get old and weak..

Yes, and all of us accumulate

toxic emotions...

*Just because all are getting old
and weak doesn't mean it has to
be so...*

***So, becoming old is not a part of
life?***

*Increasing the number of years
is linear and we can add on the*

*numbers but becoming weaker
and wrinkled is a matter of
toxicity in the body and mind.*

*When I say 'mind', it means
emotions. Because the mind is
dependent on emotions.*

There is no proof to that..

*The proof lies in us. We just
copy the things we see that are
happening around us, but we
hardly create what is uniquely
ours. That is why the proof is
not out there. And the truth is
that we are capable of creating
just like our original parent is*

creating all the time. So we

can... create a fit body and mind

as we add the years.

***Who created our original
parent?***

*I don't know. I suppose just like
all knowledge becomes clearer
the more we clean our
emotions. So sometime in the
future we might know... or you
can yourself find this answer...*

How?

By talking to our original

parent directly.

How do I do that?

Close your eyes and feel your

emotional longing to know that

God exists. Through that

longing... ask God to reveal that

He exists, and He is here for

you..... be quiet

and feel...

God communicates through

our emotions. We do not need

words to communicate with

God. We need to feel the

question and the answer is

revealed through our emotions

if there is no darkness

surrounding it.

That sounds almost

impossible...

*For now, yes because we have
layer upon layer of unwanted
emotions that shadow what we
think we want to ask. The more
we clear them the easier it
seems. Not only with God but
with all things around us.*

Does God answer our prayers?

Yes definitely...but we are usually confused with our own asking. We do not ask clearly, or we do not ask with our emotions and so it seems that not all prayers are answered. God communicates through our emotions so to ask or to

*communicate with God, we
must feel it. Real talking to God
feels like a deep longing in our
heart. Secondly it must benefit
all that exists. That means it
must be loving in nature. Why
would God answer a prayer
that destroys His creation?*

I have heard that God punishes.

That is how it seems because all things in nature have a built-in correction system to maintain nature, this includes our consequences to things we do and think and feel. Love begets love and vice versa. All things

*have equal and opposite
reaction built in. That is why it
seems like God is punishing us,
but the reality is that if we do
unloving things similar things
comes back to show us where
we are at, so we can correct
them.*

*And many times, we do not see
what we do as unloving because
we have been trained by the
system to see things differently.*

*God loves us more than we can
imagine....*

*More than our biological
parents do... more than any
human can ever love...*

*Even when many are
disconnecting from God, She
still loves us the same.*

***So why do bad people exist and
does God love these people?***

*Yes, God loves them the same,
but we all reap the
consequences of our actions no
matter who it is. As it is inbuilt
in all things existing.*

*And these people exist because
we have free will to exist the
way we want to.*

Shouldn't God stop them?

*He wants to correct them so
exists the laws of correction.*

Why would he control our lives

*when he has given us the gift of
free will which only an
immensely loving parent can
do.*

Do we need to pray every day?

*There is no need to pray as we
think of prayer but if we want*

*the connection with God, we
must talk to Him. Since She will
not interfere with our free will.*

*Prayers are emotions coming
from our heart and touching
Gods heart. So, He knows what
we are doing and where we are*

*at and most of all what are our
intentions.*

***Tell me again why should I
connect with Him?***

*Connection with Him has
immense benefits. We will feel*

*His presence with us all the way
through thick and thin.*

*She will make us feel at home
wherever we go.*

*He will show us the way to
uplift ourselves and help us
clean our emotions so we can*

evolve and get ahead in

life...forever!

She will make us feel LOVED!

And many more....

Can we survive without His

connection?

*Yes, we can... only to find out
that we were taking the long
route to happiness (which was
fleeting) when it could have
been much easier and real.*

*He still loves us the same even
if we don't connect with Him,*

*but we cannot see His love or
feel it.*

Why?

*Because we have this layer
upon layer of unwanted
emotions and the biggest one is*

that of being independent from

Her.

What is the harm of being

independent from Him?

We are too young and innocent

to understand and tackle life

situations, especially

*relationships of all kinds. If we
cannot establish a good
relationship with our original
parent who loves us the most
how can we connect to other
humans who have a lot of
unhealed emotions?*

Is God a man?

*We are His children. We feel
masculine and feminine
energies in us... so is God. We
are in His image in energy. The
physical aspect is just a means
to an end, but the energy is
masculine and feminine just
like we have both these energies*

*in us as individuals. It all
depends on us when and how
we use them. So, God has both
these sides.*

What about Gay individuals?

All the same. The physical body

is just a means to an end. We

feel both these energies from

time to time.

All humans receive love from

God. Just as a normal parent on

*Earth loves all their children no
matter how they choose to live.*

***Some humans don't love their
children when they go rogue...***

*God loves all Her children all
the time. It depends on the
child whether that love is*

*visible to them or not. The
more we clean our emotions the
more we can feel God's love if
we want to.*

***Why doesn't God reveal
Himself to us?***

*Maybe He did but we didn't
recognize. It is impossible to
connect with God if we carry
darkness in our hearts. And
this darkness can be from
sources we don't know about, it
is inherited from our ancestors.
It doesn't mean our ancestors*

*were deliberate to pass on the
darkness...it only means that
they did not clean their
emotions enough and the
unwanted data was imprinted
in their genes and passed on to
the future generations.*

So how do we clean this data?

By feeling it on a regular basis.

By living a heart centric life. It

is explained in the chapter

'Feel'.

But does that seem like living a

painful life?

*That is what it seems like from
where one is looking at it today
with unhealed emotions
interfering with our judgments.*

*Ones we start deliberately
living this way we know how
good it feels.*

***So finally, where does God
come into all this?***

*God will make this process
easier as He will be with us
feeling and releasing our
emotions with us.*

*We will never feel alone even if
the world might think we are.*

*There will be a silent stream of
love passing through us
whenever we want to
experience it.*

*God is by our side waiting to
desire more and more loving
things that He can help us with.*

*God wants us to be strong
individuals and we will feel that
individuality in love.*

*God is the supporting rock
behind us that we feel when
things are getting out of hand
and they will, so that we can
expand our horizons.*

The list goes on and on....

*Why don't we trust in God
nowadays?*

*God had been misunderstood
since time began... but She was
waiting for us to be mature
enough to ask deeper questions
about Her connection which we
are doing now in some cases.*

*Largely we are still blinded by
various institutions to connect
with Him. Which is not
necessary, now.*

*Many are getting smart enough
to know that we have emotions,
and we just need to clean them
to feel the connection.*

*This book is written to clarify
some of these doubts.*

What if we still have doubts?

*The answer is “simple” feel
more...everyday...*

*with the intention of making, it
24 hours a day and seeing what*

*happens. No one needs to wait
for a special event to start this
connection. We are connecting
with our original parent
nothing can come in the way
but our own enemy within and
that is our unhealed emotions.*

*The chapter 'Feel' will help you
feel more...*

*If we give so much time to
feeling where is the space for
our thoughts?*

*Again, the chapter 'Feel' has
this answer. The optimum way
to live is to... feel, think, and act
together. All in tandem with
each other and in harmony
within us which in turn brings
harmony around us. We have
no idea how we contribute to*

this world in the way we live.

Our unhealed emotions spread

around us in energy and

destroy anything that comes in

its way, including ourselves. We

are very powerful as humans.

Obviously because we are the

children of the most powerful

creator that exists.....

Some words from the writer...

*I have left gaps in between
answers so that the reader
slows down while reading and
feels their emotions while
reading whether feeling good or
not so good. All feelings that
erupt while reading this book*

*(or anytime) are our property
and need to be cleaned (felt) or
enhanced (felt) to better one's
life, which is the objective of
writing this book.*

*This is my favorite subject that
took me years upon years to put
it on paper.*

Not convinced by anything

available on this subject...

Especially the language...

I am bringing this knowledge in

the most simplistic and direct

words without any frills....

*Being the true sibling, I want to
pass on the experience on how
to connect with our “Real
Parent” who is forever
waiting to get our attention....so
that we can live like a big happy
family!*

RELATIONS

Relations is a chapter to understand the basics of relationships in our everyday life. If the basics are not in place, we are constantly trying to demand happiness from others. If we understand these

*basics, it becomes easier to
navigate through relationships
as these are one of the most
challenging situations, we ever
come across daily. Usually, we
find peace with it... either by
giving into others demands or
vice versa. Both these situations*

*do not help... because we do
not understand the connections
our soul has established from
before we are born....and it
continues eternally. It is not
complex and if we just
understand these basic
principles, we can have a good*

*base from which we can form a
healthy relationship with all
beings and things around us
which in turn makes our life
easier to navigate....*

Relationship with God.

This has nothing to do with any religion. This is the most needed and the most important relationship we will ever want.

We might think that this is not necessary for now... but if we establish this relationship... our

*life will skyrocket to the
happiness and peace we all are
searching for.*

*The more we delay this
connection the harder it
becomes to assimilate the chaos
around us.*

*This is our first birth into the
life of experience, and we need
guidance from our real parent.*

*Even if our loving parent (God)
has given us freewill...we can
enjoy both these aspects
(freewill and connection) and
flourish.*

*Connection with God doesn't
mean we will lose our
independence....in fact the
contrary...*

*We will feel who we are as
individuals and our
individuality will come forward*

*with great confidence in
ourselves.*

*Just like a child with loving
parents and a strong loving
connection with family
flourishes...so is the same...*

*when we are in connection with
our original parent(God) while*

*we experience all kinds of ups
and downs in this physical
world.*

*A strong and loving family tie
doesn't take away our
individuality it only makes us
feel safe to venture into this
unknown world and*

experiment... always knowing

that our loved ones are always

there when we need them.

The same goes with our

connection with God. We feel

safe and in communion with

Him/Her as and when we want

Her to show us the way.

The biggest mistake in our world today is losing this connection. Even people who are religious minded are not in that connection most of the time. We do not need religious institutions to connect with Him... we need our feelings...

*When our original parent
created us, She gave us the
direct connection with Her
through our feelings....*

*More info on how to know and
use the power of our feelings is
outlined in the chapter 'Feel'
and the chapter 'God'*

Relationship with our

soulmate.

This is the second relationship

that will bring us the peace we

want.

Because we are half the soul

without the mate.

*When we were conceived... one
soul divided into two.*

*One was born to a particular
couple who shared similar
personality traits and the other
was waiting or was attracted to
another couple soon after.*

*This is designed in this way so
that we can one day attract the
other half and experience
unity... and be together
discovering adventures all
through our eternal life,
without feeling alone...*

*To meet and be compatible to
our soulmate is to first become
the loving person that we
originally are, so we can then
help each other to catapult into
the original union that first
existed...and live with our full*

*power...that were divided after
conception.*

*This earth life is the first-born
life, and we are incapable of
having an adult relationship
with our soulmate since we are
too young to understand its
depth. We are busy making all*

*kinds of mistakes from which
we are constantly learning.... or
not....*

*If we embark on a journey of
self-discovery, we will meet and
discover that there is another
part to ourselves, but the
internal discovery between the*

*soulmates continues even after
meeting. We now have two
people with unhealed emotions
entwined and making things
more complex.*

*This is why we need to
thoroughly understand this
science and apply it to our life*

*so we can start the process of
unity with our soulmate and
play the adventurous game of
life together....*

Relationship with our children.

Our children have inherited many of our traits. Good or bad... they did not choose. They were attracted to similar personality traits as theirs at that moment of time. And they absorbed the information

*stored in the genetic pool of the
parents. It did not stop
there...after that they were
constantly absorbing the
mental and emotional state of
the environment around them.*

*Whatever traits the children
are born with is affected by*

*their parents and the
environments behavior towards
them.*

*Our relationship with our
children is unique. They are not
a part of our soul, but they are
heavily influenced by us.*

*This goes on until they break
away from this connection.*

*Even then... most cannot see
the influence that was put upon
them by day-to-day living. Not
all influences are unwanted,
but it becomes hard to
decipher... if the parents*

*themselves do not understand
this influence.*

*Our original parent (God) has
given us freewill, and this is the
best example we can get from
Him/Her.*

*We create a better world in
freedom.*

*But to live in true freedom we
need to have love in our hearts
and mind.*

This starts with the parents.

Love truly reveals itself when

*we clear the unloving emotions
stored in our soul which affect
our body and mind accordingly.*

*When we do that, our children
feel relieved from the effects of
that emotion that was absorbed
by them during conception.*

So, it is crucial if we want our children to be happy that we start clearing our own unhealed emotions.

Our children also give us clues as to where in lies our unhealed emotions. If a child is being difficult, it is telling us to see

*inside us and feel those
emotions that it is making us
feel.*

*If a child is sick or suffers from
a long-term illness it is telling
us to dig in our emotions and
feel whatever it is making us
feel....*

*But it is not easy to feel if we do
not practice feeling daily. We
need no reason to feel but to
feel because it is reason enough
to live a happy life...*

*And if this reason is not
enough, we have attracted our
children to remind us to do*

*so....as most of us will feel for
our children....*

*The chapter 'Feel' gives a
detailed description of this
feeling...*

Relationship with spirits.

Spirits are the 'elephants in the rooms' of people all over the world.

Spirits are people who have passed on and are living in

*another plain. They can access
us whereas we cannot... only
because we choose not to learn
about things that are not
physical in nature. Or we
choose to not learn if it is not
taught to us by the governing
system of this world.*

*Or we choose not to know
about them because there are
some cultures that do harmful
things with the help of spirits,
and we put all that in the
category of 'spirits' and prefer
to run away from it or avoid it
for the sake of our wellbeing.*

*Since when is wellbeing
managed by not looking at the
problem?*

*There are spirits around us at
any given time. They are
attracted to us because of the
emotions we carry within us
that are compatible to theirs.*

*It is like being attracted to
friends who we like because
something in them we find
attractive.*

*There are all kinds of spirits
just like there are all kinds of
people... because they are just
people who have gone*

there...(wherever they exist)

They were here before and now

they are there. That is the only

difference.

Also, many exist still on Earth

because they might be having

fun being an invisible human....

*One can only imagine what
they might be up to here...*

*For them... they can now see
things more clearly than when
they were here, except that it
depends on their stubborn
behavior whether they want to
see it or not. They too...are*

*constantly changing and
learning just like us...except
they have more time, and they
are not in a rush...*

*It means they are not in a hurry
to change things...and if that
means they depend on any
human to fulfil an addiction...*

*they will just carry on as there
are no immediate physical
consequences to them. We only
die physically once...*

*This might all sound a bit drab
but there are solutions to all
problems if one is open to it...*

We come back to feelings

*The reason we humans are
mind centric and not heart
centric is because we do not
want to feel our uncomfortable
emotions. On top of that we are
heavily trained by people who*

*do the same so as not to feel
uncomfortable emotions.*

*So, we end up attracting spirits
who too do not want to feel
these emotions and influence
us to carry on doing things that
shadow these emotions and
deny them so we can live in*

illusion that this is happiness....

that is fleeting. And the journey

continues into darkness until it

is very hard to turn back...

Feeling all our emotions and

clearing our soul of this weight

is a much better option...as

*soon as one can understand
this.*

*There are all kinds of spirits
just as we now have people
around us. Some are family
members some are friends
some are helping us some are
not...*

*There are also spirits that we
call angels who are helping us,
guiding us, protecting us etc.*

*All these spirits have access to
us if... We are in a similar
vibration to them.*

*Vibration means our soul
condition or soul quality.*

Our soul quality depends on

how clean of unwanted

emotions or harmful emotions

or unloving emotions one has.

*So finally, we come to the same
conclusion...*

*If we want to have a good soul
quality that will bring us the
peace and happiness, we are
looking for... we must elevate its
frequency by feeling all the
emotions that exist inside us*

*without taking any unloving
action towards anyone.*

*The spirits will just move on to
another person or they might
learn from us if they are ready
to evolve.*

*In that case we can live in
harmony in a symbiotic
relationship just as we do with
our family and friends....*

***Relationships with fellow
humans.***

*Technically we are all brothers
and sisters, and God is our
parent.*

*We can be one big happy family
if we all understand this.*

But we choose to differ.

*But we will learn.... slowly and
steadily especially after causing
a lot of traumas to each
other....and us.*

*We will say enough is enough
one day...*

But that day comes separately

to every person...

If one is reading this...may be its

their time...

The way we feel about ourselves

is how people look at us...

Relationship with anyone starts

with relationship with self...

So, we must only concentrate

on ourselves and our evolution

if we want this world to be a

happy place...

*Concentrate in ourselves means
to look deeply inside our
feelings and emotions...because
that is the core of who we are...*

*We usually try to meditate and
control the situation, but it is
only a long-term temporary fix.*

*And it is time consuming, the
harder way to go about finding
peace. It requires constant
vigilance.*

*Whereas if we feel and clean
emotions even though it is hard
it is a permanent fix and it
reduces future mistakes.*

*We feel freer because we do not
have to be vigilant as to what
and how we manage our time
because we have changed
ourselves in the core and we
take actions fearlessly and
lovingly. There is no effort
required to be loving, we*

*become the person who we
want to be even when we are
alone.*

*This then makes us be loving
towards others without losing
our integrity. We become fair
and will not compromise on
love and truth.*

Hence living like a true family

member of this world...

Relationship with self.

This relationship is the most neglected of all relationships.

We do not have this as a priority because we don't know who we are. We do not respect ourselves enough.

*And that is because we were
educated by people who didn't
love themselves enough and the
cycle continues.*

*This relationship is the basis of
all relationships. If we do not
know who we are... we will not
be able to see who all are...*

*around us. And this only makes
life harder as we try to
understand others without
trying to understand ourselves.*

*We become who we think we
are, and that can be anything. It
is all erroneous because we are*

*not who we think we are.... We
are who we feel we are.*

*Feelings make us think about
ourselves in a certain way... and
if we do not release unwanted
feelings...we then establish a
rapport with that feeling and
give it a stamp of approval*

*which seems permanent. For
e.g., if I am born in a certain
country, I am that personality
or color or culture etc. We have
no idea that we can change all
that makes us unloving towards
ourselves.*

*To understand what is loving
and unloving towards ourselves
we must feel all our feelings. If
we do not feel, how will we
know who we are. The chapter
'Feel' shows how to make
feelings 24/7... way of living. It is
only because of feeling so much*

*that we get the clarity we are
looking for. Clean feelings give
us strength and direction into
our lives. Our relationship with
ourselves gets stronger and
more secure.*

*We have this one body that is
invaluable. If our intension is to*

just take care of this body....

inside out, we will connect to

our feelings and will

understand a myriad of things

about us which will then make

all relationships around us

loving and interesting.

*All relationships are
interconnected. But
interconnectedness is only
established when we first
establish a real relationship
with ourselves and start with
some basic truths about
ourselves.*

1. *I am eternal.*
2. *I am the child of the
creator (God).*
3. *All humans are
equally valuable.*
4. *We are all a big
family and God is our
parent.*

5. *I have all that I need
to love, evolve, and
grow.*

6. *My feelings will show
me the way.*

7. *I need to feel no
matter what these*

feelings are so that I

can erase obstacles.

8. *I am not alone but to*

feel lonely is a given,

which I must feel so

that I can get more

clarity.

*This much awareness is a good
place to start with and as and
when we release emotions that
do not serve us... we will know
innately what more needs to be
done for us to carry on
becoming loving and evolving.*

*The idea of life is ever evolving
towards love...and each one of
us is on an individual journey
and space that is unique. We
will become uniquely
independent and easily
connected with others at the
same time.*

*How this happens is by
experiencing our feelings as
mentioned before and not
putting the cart before the
horse. In other words, not
trying to get all knowledge
before we are evolved enough to
practice what we have learned.*

*Because we are already doing
that, and it is not taking us
where we want to go.*

*In fact, it is a hindrance to our
evolution. Just the fact that we
know what will happen doesn't
make it happen and we never
really know how we will feel*

*when it happens (which is an
ongoing process eternally) so
we will never reach the end,
and so it defeats the whole idea
of evolution.*

*The knowledge we need
depends in the moment of now.*

*Because we have attracted this
knowledge to experiment with.*

*It then opens the next phase of
our evolution which makes it
much more exiting and fun....*

This is what really works....

*This is how we connect with
ourselves and fall in love with
ourselves...this shows how we
trust in ourselves that whatever
I am feeling now is the most
important thing and this is
where I need to be and let this
feeling reveal itself to me, clean*

it if it not loving and empower

it if it is loving and then take

the next journey with real

confidence...

Nature is always guiding us to

evolve.... we need to let it show

us the way and watch the

fun...while getting smarter and

wiser and the best evolved

human that we can be...

***Relationship with the
environment.***

*It is a given... if we now know to
love ourselves... it will color
everything we touch.*

*We will get the sensitivity
existing in our symbiotic*

*relationship with our
environment...*

*We will see far beyond the
physical and know the value all
things have and give it the love
and respect it deserves which
comes flowing back to us...*

*The environment reacts to the
human as the human reacts to
itself...*

Some notes from the writer...

*Reading and acquiring more
information will not do the
job...*

*We must interact with the
frequency of the person... which
is stronger than the words
written....*

*These words are just a means to
an end.*

*The real learning is us coming
together and exchanging words
or asking questions in
person...feeling the energy of
love, and intuition. All
information thrives in an
environment of love. This love
is the energy that created*

*worlds and this love will clear
the way for our evolution.*

*Every human is at a unique
level of their own evolution
which is ongoing eternally.*

*I wrote what came to me to
write....*

Rest is up to us to reach out

for... as and how one feels like!

I am here...just a teacher of

love...that clarifies.

FEAR

What is fear?

Fear is the opposite side of love.

Fear originates when love is not

present in the environment. It

is the absence of truth. It is

there because there is ignorance

in the knowledge of the truth.

Fear is the feeling of insecurity,

the result of living from a mind

base. Fear is living from a place

of uncertainty and not trusting

life. We all have fear, and we

can release it to an extent that

it will lighten us and bring

*more love into our hearts. We
do not have to sit with it
forever, it can be irradiated
one by one. Easier said than
done.... We can start the process
of deliberately releasing them
and see the miracle we are*

*inside our hearts, minds, and
bodies.*

Why do we feel fear?

We feel fear due to

*a- We have inherited fear
from our parents and
ancestors.*

*b- We have accumulated
fears during our lifetime
from our environment
e.g., the media, friends,
and family.*

*c- We pick it up from places
where it lingers in the air
where people have left that
signature feeling around
due to unwanted
incidences.*

What can we do about it?

*We can release them. We do
not have to carry it inside us.*

*We can let it go and not let it
rule our lives.*

*We can also empower ourselves
from inside our soul and not be
a match to it.*

Is it possible to release all fears?

For now, not completely but a significant amount yes. We can release so much of it as to so that we appear to be fearless to the world and ourselves.

*Is it healthy to release a lot of
fears?*

*Yes... The less fear we have the
more confidence in life we have.*

*The more risk we take and the
more happiness we gain.*

But are risks healthy?

*Yes, they are healthy if we have
confidence. It goes hand in
hand. Fear will cripple us and
releasing fear will move us to be
creative.*

How do we release the fears?

We release fears by feeling

them. The more we feel them

the more we release. But there

is a way to feel them.

It must be felt without

prejudice. Without judging it.

Means it needs to be accepted

by the mind that... it... is...

*what... it... is... and be felt in its
purity.*

***That is almost impossible, how
can we do that?***

*We can do that one feeling at a
time. One moment at a time.*

The biggest obstacle is our

*mind, so we must first and
foremost understand the
concept and then experiment
with it. We do it naturally all
the time, some more than
others. It is a natural process,
nothing new to learn.... only
some things to unlearn.*

Acceptance is the key here. All things need to be accepted by the mind and then felt. In fact, it happens simultaneously.

Because we do not accept reality, we also do not feel it and we get caught up in this

*vicious cycle of ruminating in
it.*

What is this reality?

*The reality of any situation is
the truth of the feeling. If we
feel sad the reality, is we feel
sad. It needs to be accepted that
we are sad. Not try to distract*

*ourselves which is what we
normally do. So much so that
we don't even know when
sadness strikes, we
automatically divert without
acknowledging that we are sad.*

***But doesn't feeling sad make us
sadder?***

*That seems to be.... human
logic!*

What is Human logic?

*Human logic is based on the
five senses. What we see, touch,
hear, smell and taste. We are
working from emotions here
and these are feelings that are*

*not restricted only in these
senses. So even if logically it
seems that feeling sad will
make us sadder...it will not...
IF... one doesn't form an
opinion about it and create a
story around it.*

*Life is far beyond these
senses...and so are our feelings.*

*The real logic is, if one feels
sad... then feel sad, why would
one try to feel otherwise?*

To end the sadness....

But does it end?

No, it doesn't... why?

*Because we are not accepting
the truth...*

*The truth is that sadness is
inside us and we must clean it
or release it outside us for the
sadness to end. This is real
logic.*

Gods' logic.

The logic on which this

universe is based on.

Well sometimes the sadness

seems to end...

It seems... because one is hiding

it from resurfacing and thinks

*that it's gone. If one can think
about it and feel nothing... or
feel easy to talk about it like it's
a story of someone else's life...
then it is released.*

But I am afraid to feel it...

*And not feeling it will
exacerbate the fear in the*

*future... which one is
preferable?*

*It seems hard at first to accept
and feel the dark emotions
inside us, but with strategic
reasoning and guidance and
consistency one can start
looking at the dark emotions in*

*the eye...one by one and clean
them or release them. After a
while one can feel so strong
emotionally that one can face
even darker emotions and be
ready to face them and
triumph. And they do...without
a doubt.*

*It sounds simple but it is not
easy to feel pain...*

*It will get easier if we
understand the process of it all.*

*At the moment because it is
painful, we automatically avoid
it because this is what we have
trained ourselves to do since we*

*were little. When we were little,
we did not mentally
understand the, what and why
of things so we needed
protection, but it is a double-
edged sword. It protected us for
a while but made us lazy and
dependent on things that bring*

*us temporary pleasure. When
we become adults and if we
reason it now 'logically'... we
would see that somethings are
not quite right in the way we
function.*

*Little by little we can undo that
fear and start to face them and*

*release them. It is a process that
one will use it eternally... not
only in this lifetime...*

What do you mean eternally?

*We are eternal beings. We
never cease to exist. This is not
going to sound true now
because we are conditioned to*

*end things one day. In time we
will come to understand better.*

So, what about death?

*Well, it doesn't exist in the way
we think it.*

*In the so-called death we just
separate from our physical*

form and exist in our spirit

form which continues...like

forever.

***What if I don't believe in life
after death?***

Still the feelings in this moment

matter. Whether one 'feels' now

to improve their current life

*experience or to improve their
eternal life... it is the same
process.*

***Is it important to believe in life
after death?***

*No... What one believes or not
depends on the emotional
information one carries inside*

them from their life education.

While one releases the

unwanted emotions... slowly

and steadily one will improvise

in all the things they think and

believe.

*So, if I have inherited fears from
everywhere that still exist, how
will I know that I am releasing
some of it?*

*One will look at the fear in the
eye and see the reality of that
fear. The reality is that it is an
experience from our past that*

has come back to haunt us...

and if we have released it... then

it exists just as a memory... and

not a bad feeling.

How do I know that the fear

will subside if I release it?

*The proof of the pudding is in
the eating. One can experiment
with it.*

*If we don't experiment with our
emotions, we will become
stagnant. The moment we start
releasing bad feeling emotions
the velocity of things we do and*

*the life around us will start to
gain positive momentum and
we will see that we are in a
joyous ride... Even when we are
still releasing negative
emotions from time to time...*

Is there another way?

No...

All roads lead to Rome...

We all die physically...

We all thrive in love...

*We all have good days and bad
days...*

We must feel our feelings...

If we want to thrive!

I think I already feel my

feelings...

But not enough...

Yes, it is a default mode God

has instilled in us, so we do not

die sooner. We automatically

release bad emotions, especially

babies and children to some

*extent, but we are quickly
trained by society (movies and
the media play a big part) to
keep the negative emotions in
check as it disrupts things. That
is true if it is not processed...
which is the case in our world
today. It must be processed in*

*isolation in the comfort of our
home with a good
understanding of the cleaning
process.... Hence this book is
written with such simplicity.*

*We do release some emotions
regularly without knowing but
we store much more than we*

*release... so in time it is backed
up and eventually we give up on
life...literally!*

***How does one know that we
have emotions to release?***

*If one has bad days and doesn't
know the reason behind it.*

If one is angry sometimes

(which almost all humans are).

*If one is looking forward to the
future to be happy.*

If one is tired more often.

*If one doesn't have a fit and
healthy body.*

If one is getting old...

Etc., etc.

*Then one has a lot of emotional
fears to release and there is a
backlog no matter how much
one is feeling.*

*Either they are not feeling
properly or not enough.*

What is feeling properly?

*Feeling properly is done
without the interference of the
mind. Our mind is influenced
by many things seen and
unseen. It usually wants to*

*confine to some state... so it can
be predictable, and in control.*

Feelings are all over the place.

Feeling properly means to

“observe” it mentally and let

the feelings exist without

interfering... as the body is

adjusting and releasing and

*resetting it. The body will
create various sensations while
it is releasing, our job is to
accept and wait.*

***How can one do that.. the mind
interferes all the time? It is the
way we live.***

*Yes, and that is why the mind
needs to accept that any feeling
is “ok” at first... so it doesn’t try
to interfere and secondly it can
be left alone with its own
devises. We just want the heart
(feelings) to be engaged. Not to
manipulate the mind.*

Slow and steady wins the race....

here

.... literally wins big time!

It sounds simple but almost

impossible to do...

Well, if one doesn't try, they

will never know if they can

*triumph in this situation. One
only... must try...*

What if I am afraid to start?

*Then one must know that this
is nothing new... we are doing it
subconsciously all the time...the
problem is that we are doing it
in dribs and drabs...*

*We need to come to speed with
these feelings.*

When we feel fear (or anything)

...latch on to it...

“Feel” the fear of trying new

things...

*Feel, feel and feel...the fear with
an awareness that my body can
neutralize it if I just let the
emotion exist for a while and
observe it from a distance.*

*It is just an emotion it will not
harm me if I experience it with
acceptance.*

*Start where one can push the
boundary a little bit... until we
can push further. No physical
action is necessary.*

And then?

*One might feel tired or sleepy
(it is a literal mental and
emotional workout). Just follow*

*the requirements of the body to
rest and later the fear will
diminish or disappear if one
feels it completely.*

*Which hardly happens initially
when one starts to accept this
reality.*

But we do feel the needle

moving just by any feelings felt.

It seems like a slow process...

It seems slow but when one

makes this a daily habit... life

happens fast and strong and

happier...

How can I believe this?

By experiencing it. There is no

harm in trying to live heart

centric even if one does it

occasionally...it will increase

later. Releasing emotions will

make us release more, as one

will see how it makes one feel.

*But why am I hesitating about
the experience?*

*It's a habit we have formed. We
don't want to experience bad
feeling emotions.*

***Tell me again why should I feel
bad emotions?***

*One should feel all emotions
with mental acceptance, not
necessarily bow down before
others. This is an internal
process... one must not take*

*physical actions unless they
become loving and fearless.*

*Due to the new age philosophy,
we have started thinking
positive feelings only and hide
negative feelings.*

*The truth is by feeling all
emotions good or bad we*

*complete the cycle of
experiencing the feeling and
then it just stays as a memory
without the feeling disturbing
us.*

*Hence cleaning the unwanted
emotions.*

*But hiding bad emotions are
important so we don't hurt
others...*

*It is crucial that these feelings
must be felt in solitude.*

*If one feels them as they arise it
will not get explosive as to hurt
others but because many have*

pent up unwanted emotions

like anger, it needs to be felt

when one is alone and if

necessary one can use physical

objects that will not harm

anyone including oneself like

hitting a pillow etc.

*There are physically active
people, but they always carry
anger in them....*

*That is because they are
avoiding the acceptance of the
emotion of failure. They are
regurgitating the emotion of
anger. They are repeating the*

*action without accepting the
emotion.*

*One must accept the anger
wholeheartedly and mentally
and stay with it...It might bring
other emotions that was
triggering anger like shame or
fear or abandonment or any*

*emotion that makes one feel
helpless. It is only an emotion.
It needs to be felt for it to leave
one's system. If one cannot feel
it all at once (which one usually
can't) do it little by little. It is
like saving money in a bank, the
bank balance increases with*

*every emotion felt (especially
the unwanted ones) and one
benefits in the long run.*

*Feeling the sensation inside the
body until it dissipates little by
little...will take one to
fearlessness and into love...
softly...*

Where do I start?

*Start wherever one is in life. In
any given moment start
consciously feeling the emotion
that exist inside without taking
any physical action and with
the acceptance of that
emotion... mentally. The mind*

*needs to be trained slowly but
steadily to accept emotions
rather than rejecting them
because it doesn't feel good.*

*To start with we might do both
but move more and more
towards acceptance of it
mentally.*

*It doesn't mean being
submissive towards any
injustices from others. This is
an internal matter, and no one
needs to be involved in this
endeavor. In time one sees that
one becomes more and more
fearless and loving. To top it all,*

*we also start to lose the “fear” of
the “fear” itself..*

***How much time should I give to
this practice every day?***

*The intention must be 24 hours
a day...but we are free to live the
way we want to live.*

*Every emotion felt is an inner
evolution which reflects in
everything we experience and
do in life.*

*The mind will always slow us
down... so just going with the
flow...being consistent and
keeping this pocketbook of life*

*handy for referral will ease
things.*

Some words from the writer...

*This chapter is intended to
make one understand fear and
face it and come out on the
other side more loving and
stress free.*

*In this world we are taking
actions all over the place based
on fear. We think it is natural
and wise to do so.*

*It is far from the reality of
truth. We are born to irradicate
fear and evolve. No evolution
comes from fear-based*

*decisions. Only more love in
our hearts can make us evolve.
And more love can enter when
there is less fear. It is crucial to
know how to release fear
because as we get older, we
accumulate more of it... which
we then pass it on to the next*

generation and the cycle

continues.

It is time we start the process of

cleaning them so the coming

generations can live more

peacefully and carry this world

to a better place....

FEEL

*We are born to feel and feel our
way through life....*

*The reason humanity is not
evolving faster than AI is
because of not feeling 24 hours
a day.*

*We have given precedence to
thinking over feeling.*

*This is the biggest mistake of
humankind.*

*Since we do not understand
why that is so... and why we are
living in reverse.... this book is*

*here to guide us to unlearn and
learn the basics of living... from
which we can then go and play
this life the way we want to...
and not be a puppet in
desperation.*

*This chapter is about to
navigate us through life in all*

*and every area of our lives... as
this knowledge is linked to
everything else... in an invisible
way. Nonetheless more
knowledge might be wanted by
people who practice these
basics of feeling.*

*Life is grand... and it can
overwhelm us if we do not
practice the basics almost 24
hours a day. Which is literally
child's play, but we have made
our 24 hours complex.*

*We are all intelligent enough to
understand concepts but very
few can practice...*

Why is that so?

*Just like life! the message is
simple... We need constant
reminders to steer us in the*

*happy direction of life in any
given moment.*

Why is that so?

*Because we have a **hell lot of**
addictions of every kind.*

*Physical, emotional and
mental. We like to get set in our*

*ways because it gives us a sense
of stability... but it doesn't help
us. And that sense of stability is
fleeting.*

*And then we go down the
rabbit hole of material things.*

*One doesn't have to give up
materialism...but materialism is*

*empty without the happiness of
our soul in it. Without it, it
brings fleeting pleasure and
takes us deeper and deeper into
abyss... to find
happiness...which is not there.*

*So, we just follow the
established system and make a*

*joint pact that this is life, and
that we are all in it together
and keep on going in the rabbit
hole together.*

*We somehow have the belief
that if we all (the whole world)
does it together that it is the
right way to live and be happy.*

*Still people are constantly
trying to be happy...taking daily
actions that will make them
happy. But the reality is that to
be happy we need to be happy
before we take the action...*

The question is...

*How much do we want to be
happy... what is the intensity?*

*The airtime that is needed to
live a happy life depends on the
intensity of our intention to live
a happy life. So, we need to
concentrate on increasing the*

*frequency and the intensity of
our desires.*

*How much do we want to
evolve in each area of our lives?*

*Because how much we want to
evolve... impacts everything we
do.*

*How we do anything is how we
do everything.*

*This does not mean how the
world thinks we do... in what
we do... it means how our heart
thinks (feels) we do...in what
we do!*

*The CREATOR (someone
created us) created this world
and has laws in place so we can
prosper.... or not... (it's our
choice) it is evident later in this
book...*

It is simply our call.

*We just need to give airtime...to
some basics like*

*What goes around comes
around.*

And it is called Karma...

*This fact is not explained well
anywhere... too much*

*unnecessary information is
given on this matter which
confuse us.*

*It means if we think, feel, or do
anything... has an equal
reaction somewhere down the
line!*

*The missing link (which usually
is overlooked) here is think and
feel...*

*Many do the do part better
because it is the most visible
part and the cosmetic part...*

Some do the thinking part well

too...

But the feeling part seems to be

out of control of our life.

We underestimate feel part the

most...

*And the feeling is the most
crucial part...*

*The most innermost and the
core...*

*If the core is clean and steady so
are the other two... so is our life!*

Whereas if we are making so much effort by thinking (the right things) and then doing it... we spend a lot of time, and we don't seem to control our lives well...

Thinking and doing takes a lot of energy and time...

*It is not an efficient way of
doing things! Period!*

It all comes down to feeling...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

FEELING...

*Some people feel things more
naturally than others some
people clean their feelings
naturally than others and some
people are somewhere in the
middle. (There is a reason for
that) The issue is that we do
not know what to do with our*

*feelings and that is why we
create what we create. Some
create better than others only
because they clean feelings
better than others and vice
versa.*

*It is all so random....and so we
lose trust in life.*

*It is the feeling part... that will
give us the satisfaction that we
are looking for.*

*Whether it is a good feeling or a
bad feeling or just no feeling (a
feeling of void) ... all kinds of
feelings will set us up... for*

*life.... No matter what
happens...*

*Let us keep this FEELING in
our pockets all the time...*

*In other words, carry our hearts
on our sleeves, silently...*

*Instead of trying to control
what comes into our life...It is
wiser to be ready for come what
may... which then in turn will
get the ball rolling to bring us
situations that we will have fun
with...*

*What goes around comes
around... in every sense of the
word...*

*In order of importance... first
and foremost what we feel
comes around... what we think
comes around... and what we do
comes around...*

*Only we know it does... no need
and it is impossible to prove it
to others. Because others are
not in that equation...It is OUR
life!*

*Even if we are married to
something or someone...it is
OUR life...*

We are at the core of our lives...

others are a reflection!

So, the person next to us is just

telling us something about us!

And vice versa!

Most of us wish we knew what

to do specifically in the

*situation we are in... at any
given time.... because we think
our situation is unique.*

*We think we need a complex
set of instructions to undo the
mess we are in.*

*The reality is that yes, it is
unique!*

*But the solution is easier than
we think.*

*It is our complex thinking
patterns that make us think
like that. In fact, thinking our*

*way through it will not give us
the satisfaction we are looking
for.*

*It is feeling through this
problem that will take us there.*

*Feeling will bring clarity to our
minds.*

*Feeling will break old patterns
and free us.*

*Feeling will make us the person
we want to become.*

*Feeling will give us the idea of
who we are and where we want
to go.*

*Feeling will make us be loving
towards ourselves which in
turn will make us be loving
towards others.*

*Feeling will make us forgive
others who have harmed us.*

*Feeling will remind us of the
things we have forgotten... that
we need to do... to become an
evolved human.*

*Feeling is what we need to come
out of depression.*

*Feeling will make us create and
expand in energy and in the
material world.*

*Feeling is all we need... to start
anything!*

*I cannot write enough about
feelings.*

So, the question one might ask

is...

How do we do that?

Or one might say I am already

feeling and not much is

happening the way I want.

*First and foremost, we need to
just feel and give more*

*IMPORTANCE to our feelings
than anything else in our lives.*

*When a person says I exercise
regularly but*

I don't see desirable results.

*It is because either they are not
doing it right or... not
consistent enough...*

*We all know what it takes to
live a healthy and fit life...but
we don't do the things it takes
to get there.*

Why do we do that?

Why do we not do the things

that will be good for us?

Why are we lazy? Or sick? Or

not in the mood?

Or even...have no knowledge of

these things?

*It is all because we do not feel
enough...*

*The secrets lie in
those...FEELINGS.*

Imagine an egg...

*The yolk of the egg is the feeling
part...our soul.*

*The white part of the egg is the
mind...that shrouds the yoke
and takes over on all sides...and
the shell is the physical part
that is visible to all.*

*If there is a problem inside the
yolk it affects the whole egg.*

*Similarly, if we have defects in
the core in our feelings our
emotions... our mind and body
is affected...
subsequently.*

*We are going to now
understand some basic laws
about feelings...and how to feel
and what to feel.*

*We have good feelings, bad
feelings, no feelings, blah
feelings, and all kinds of
feelings.*

*No matter what feelings we
have... it needs to be **FELT**... to
either release it from us if it
disturbs us... or reinforce it if it
helps us. Which happens
automatically without
thinking...*

*We are innately loving beings,
but we inherit the feelings and
emotions of our parents and
ancestors while we are in the
womb.*

*There is nothing we can do
about it... (but there is a*

*reason... which is not a clever
idea to probe at this point)*

*We are born with this set of
emotions and all kinds of
feelings and complexities...*

*The question now is... because
this set of emotions will rule us*

*all our lives. How can we reset
them to our advantage and
clear the unwanted data?*

It is done by genuinely

FEELING our way through it.

*It sounds simple and it is...the
matter is that we have gotten*

*accustomed to complex
procedures that are not
working.*

*We can start deliberately
feeling.*

*It will take time and it will be
uncomfortable...*

nonetheless.... It will give us

what we are looking for.

It depends on how much

airtime are we giving to our

feelings... day after day.

Some practical tips are...

*To take some time off from
daily activities just for
feeling...on a regular basis.*

*Secondly reading this book on a
regular basis to reinforce why
are we doing this.*

*Initially we might see it as a
waste of time as we are not
doing anything physically...
we might prefer meditation
instead....*

It is not the same thing.

*Yes, we might feel more during
meditation on or after it...but
still we are talking about rich
and raw feelings here...everyday
life feelings all the time.*

*Meditation can be used as a
tool to feel. But one must be*

*able to play with feelings in
every situation.*

*Even if we are still an infant in
this process, we will already see
that we are becoming a better
version of ourselves...*

*Just by increasing the amount
of time, we deliberately feel.*

*We might want to run away
from some feelings from time to
time...no problem...come back
again later and feel them, no
matter how many times we*

*try...no one is judging or
looking.*

*If we judge ourselves (which we
will) ...feel our own judgement
towards ourselves and stay,
there...feel it...stay there...stay
there.....stay there.....feel, feel,
feel....the sadness!*

*Staying there till we feel sick of
judging ourselves... or others!*

*If we can't continue feeling... be
kind and go back to it later.*

*This process is not about being
unkind to ourselves but more*

*like accepting the reality of our
true feelings.*

*Whatever they are... pure
acceptance of that feeling is
enough for us to clean it out of
our system.*

*The same goes with all our
feelings, emotions,
shortcomings, and insecurities.*

*Staying with the feeling no
matter how sick we feel with it.*

*The reason we couldn't process
it earlier is because of our*

*inadequate reasoning. Now that
we know what we know we can
be confident of facing them one
by one and cleaning them. Even
though it might feel like it
might kill us or make us crazy...*

IT WON'T

*.... but not looking at it in the
eye and festering it....it might.*

*We can go at our own pace
(initially) as we have the
direction to our destination
now. We don't want to go back
now as we know too much...*

*The more we do this process
the more CAPACITY we will
develop to go further... and
more we will clean and stay
with these emotions longer...
the more capacity we will
acquire to clean further and
clean complex issues.*

*The more we clean it the better
ripple effect it will have on our
life and any and everything will
be touched by it.*

*Clean emotions mean... clean
and crisp life. More energy,
more stamina more enthusiasm
and more of all that we were*

*dreaming of since we can
remember.*

It all sounds too simple...

but it works. The basics of

life is simple, but if we

miss the basics, it sure gets

out of hand, because we

are detaching ourselves

*from the core of who we
are....*

*And who we really are,
...are our feelings!*

*Whatever we do in life it is
best to do it with the
innermost part of*

*ourselves involved in it,
and if the innermost part
is unhealthy so will the
outer part (result) be.*

*One cannot run away from
our innermost emotions
for too long... it will come*

back sometime and bite

us...

It is simple to

understand...it is not

complex to get the basics

right...when we get the

basics right, we will know

*what to do next in our
lives.*

*Most of us are living
complicated lives because
we missed the basics. It is
time now to reset it, before
AI controls our life.*

Step by step... is another

word that we don't like

because we are

disconnected from our

core of who we really are...

Of course, it must be

cleaned little by little

because we are too far out

from ourselves in this

moment...if we really will

be who we are

now...fast...we will be too

overwhelmed and will not

be able to tolerate the

pressure it will impart. At

the same time being

*overwhelmed is a sign that
one is expanding and
cleaning... It's up to us how
far we want to be
overwhelmed in any given
moment and progress.*

*Our minds will not allow
it...*

*our addictions will
overrule it and our
existence will negate it.*

*Consistency is the way to
go...*

*Deliberate creation is the
way to go...*

Giving airtime is the way

to go...

Not talking about it... is

the way to go...

Everything we do is a

distraction except feeling

it...

Everything we do is a

distraction except feeling it....

Everything we do is a

distraction except feeling it....

Everything we do is a

distraction except feeling it....

Everything we do is a

distraction except feeling it....

Everything we do is a

distraction except feeling it....

Including talking about it... too

much...

*We can debate about it to
understand but that time
is not counted in the
process of cleaning
(feeling) our emotions...
cleaning (feeling) our
world...cleaning (feeling)*

our life...cleaning (feeling)

our energy.

We are already addicted to

gaining knowledge, but the

message of this book

is...put the books down

and feel.

*If any questions arise...feel
more and we will come
across the answers from
thin air.*

*If we are genuinely seeking
answers.*

We cannot fake things

here...because we are

facing our own life

here...we want to know the

truth...and the truth will

set us free.... while we

practice it!

We will try to fake feelings

(thinking it is real)

because we have the habit

of faking...but the solution

is to continue feeling and

we will see the fake from

the real.

*There are some physical
things we can do that will
make feeling easier...
because all things are
connected.*

*This is in accordance with
priority....*

The first one is...

ENEMA...

Yes, you heard it

right...enema or home

colon cleansing regularly...

Doing enema with plain

warm clean tap water

every day...three times

consequently. When it's

done at least three times

(emptying the bowels as

soon as it is necessary) it

cleans better than keeping

the water in for some time

*as is done in the
traditional way.*

*What enema does is that
in time little by little
cleans our colon because
the unhealthy bacteria in
there affects our mind in a*

negative way and doesn't

let us relax.

If we do enema, we feel

things better and it will

jump start the feeling

process in a surprising and

relaxing way. Though the

whole point is not to relax

but to face our fears...

Nonetheless it will remove

one obstacle out of our

way by removing the feces

and bacteria that affect the

brain negatively. The

things I am writing here

*are things that will help
feeling easier, it doesn't
matter the scientific
validation. They are all
harmless daily activities
that we can do in the
comfort of our own home
which will help us evolve.*

*The more we feel and
release negative emotions
the more we will see the
importance of doing the
enema and the more it will
help us to feel more...and
hence feel free...*

*One can do other things to
clean the colon, but this is
the easiest way, in
privacy...*

*Since it is to be done every
day or as regular as we can
till, we know how much*

*more needs to be done...
instinctively.*

*We can continue if we
want...if we feel we want
to. Once we get used to a
clean internal
environment... We can
decide how clean we want*

*to live. The decision is
ours.*

*All depends on us, our life
and what we want with a
clean heart, clean body,
and a clean mind.*

*As all things in our life is
connected, we need to
tackle it from all sides
more so initially, until it
becomes automated.*

*We will see that we enjoy
the material better if we
let the spiritual*

*(cleanliness) into the
material.*

*And we cannot bring the
spiritual into the material
without feeling. And we
cannot feel as much... if it
is not done deliberately*

*with some deliberate
actions.*

*This might all seem too
simplistic in a world of
complex and expensive
seminars for all kinds of
experiences...*

And that is why it is worth

a try...

Since feeling more and

more is our objective...

taking some deliberate

actions to go into that

direction is worth

it...initially...

*later it will carry us along
the way if we have felt long
enough and that feeling
will evolve into... eating
raw fruits and vegetables
nuts and seeds as our
sustenance. These things
will continue to keep the*

body clean. Like begets

like.

One can start slowly and

but surely increase down

the line if the feeling to

consume raw plant-based

food increases which it will

*if one has released some
unwanted feelings.*

*Many forces eating this
way and start things
before their feelings adjust
to the change... and it
eventually dies down.
Always feelings first...*

*keeping in mind where we
are going with our feelings
and what is our objective
and what are the steps
that will take us there.*

*We are not trying to
negate the thinking
process but just steering it*

*in the direction of our
cleaner heart and body.*

*Which includes all the
things we can see, touch,
attract and get involved
in... be it physical or
mental.*

Our relationships get

better... of all kinds.

Our physical body gets

younger---just because of

clean emotions which will

involve us to eat clean food

and think cleaner

thoughts.

*All thoughts stem from
how we feel and have felt
all our lives.*

*The mind is a hard nut to
crack... only because one
has transferred
unnecessary power to it.*

And we know that the real

power lies in the heart...

the feelings.... So, we need

to steer it in the right

direction.

The mind will be more

relaxed if we let our

feelings dominate. And

when the mind is freed, it

*relaxes and works much
better. In time it's much
happier than when we
made it work all the time.*

*It's like eating when we are
very hungry. The mind
enjoys existing in this way
and performs much better.*

*It only gets better as time
passes when we feel more
emotions. **Initially the
mind will want to take
aggressive actions to stop
it as that is what it was
assigned to do by us...but
slowly and steadily it will***

***start to relax when there
are not so excessive bad
feelings to cope with.***

*As artificial intelligence is
approaching... It is the right
time for us to evolve on all
levels. Remove the fears we
have about it. Fear is a feeling*

*that needs to be removed as
much as we can. There is no
need to fear but if fear is
ingrained in our soul (which it
is), we would feel fear no
matter what I say. Only we can
remove it by facing it in*

*solitude. It is not complex... If
you reread this book.*

*As fear reduces...love dominates
automatically. Because love is
our innate nature. We do not
need to work hard to love but
we need to work hard to feel*

*whatever is inside us to let the
love out.*

Little by little but

consistently.... So is why exist

this book We need

reminders.... daily!

*FINALLY...the steps in order of
priority are...*

1. FEELING MORE...

*(even if we think we are
feeling a lot and we are
very sensitive) ... just
feeling (without taking
any action OR*

substances) cleans the

heart (emotions)

Acceptance of the

feeling is the KEY. Even

if it feels like failure

(and it will) only

because the mind is

defensive, and we are

going against it here.

Don't worry (and if we

worry, we can feel the

emotion of worry till it

exits our system) it is

not the mind that has to

decide what must be

done...it is the existence

*of our feelings without
any obstruction that
will clear the way for us.*

*Nonetheless the mind
will interfere... so just
observing and to
continue feeling as and
when we can, and*

keeping in mind to do it

24 hours a day... Just let

the feeling exist in

whatever shape or form

it erupts in solitude.

Solitude is our friend

here as in the presence

of another person our

*mind will interfere
strongly, and it will
make the process
harder... almost
impossible. It is not
realistic to practice
solitude 24 hours a day
but if we can do that as*

and when time permits

*(a more of which will be
attracted eventually).*

We will be able to sense

that we can do both at

the same time. That's

the place we want to

be...

*2. ENEMA... or any kind of
easy colon cleansing on
a regular basis.*

*This will help us feel
more as it will clear the
dirt stuck inside us that*

*is affecting our minds
daily. If we start doing
this daily, we will know
when and how much
more we want to do this
process. Our intuition
will get stronger by
feeling things regularly.*

3. RAW PLANT BASED

FOODS...

Everything affects

everything... this step is

the last to change

because food is deeply

tied to our emotions...

If our emotions are

affected, because of

what we eat. Then it is

adding fuel to the fire...

*But if we make it a
priority to feel emotions
no matter what we
eat...eventually our
instincts (emotions)
will guide us according
to the environment that
has been created inside*

*us by feeling and
cleaning.*

*After KNOWING all
this...in order of priority*

FEEL,

CLEAN,

EAT!

*And we can watch our
world change for the better in
front of our eyes...daily!*

*A personal note from the
writer.*

*I am drafting this little
book which can sum up
an encyclopedia.*

Life...Happy life is as

simple as this...

nonetheless it is very

intricate and fun

individually if one

understands and does

these basics.

*I am tempted to write
more and more words to
prolong the
explanation...*

*At the same time, I see
no point in it.*

*If one doesn't get this
simplicity, then they are
not ready to evolve yet.*

*And if one is ready to
evolve, they will have a
string of questions and
curiosity that will take
them further on a*

never-ending journey of

happiness and

fearlessness.

I am here to clarify

thoughts...

thepocketbookoflife@gmail.com

