A Happy Pocket Full of Life

SAMPLE OF FINAL DRAFT

Book II in the ‘Happy Pocket’ Trilogy

Your Quantum Leap into the Use of the Hero’s Journey, The 9 Consciousness Levels, Archetypes, Chakra Energy Centers & The Energetics of Life to Reclaim and Manage Your Authentic Power So As To Accept, Manifest & Live a Life of All-Round Life Success, Empowerment, Peace, Healing, Awakening, Forgiveness, Self-Responsibility, and Letting Go.

David Cameron Gikandi
An Old Sioux Legend

In ancient times, the Creator wanted to hide something from the humans until they were ready to see it. He gathered all the other creatures of creation to ask for their advice.

The eagle said, “Give it to me and I will take it to the highest mountain in all the land,” but the Creator said, “No, one day they will conquer the mountain and find it.”

The salmon said, “Leave it with me and I will hide it at the very bottom of the ocean,” but the Creator said, “No, for humans are explorers at heart, and one day they will go there, too.”

The buffalo said, “I will take it and bury it in the very heart of the great plains,” but the Creator said, “No, for one day even the skin of the earth will be ripped open, and they will find it there.”

The creatures of creation were stumped, but then an old blind mole spoke up. “Why don’t you put it inside them - that’s the very last place they’ll look.”

The Creator said, “It is done.”
Contents

What Will This Book Do For Me? How Can I Be Sure This Works? ............................................................... 6
This is what it will do for you ......................................................................................................................... 6
This is why you can be sure it works ........................................................................................................... 6

1. The Theory .............................................................................................................................................. 8
Why Prayer, Goal Setting, To-Do Lists, Law of Attraction, Manifesting, Creative Visualization, Lifestyle Design, And Global Activism Seem To Not Always Work ................................................................. 9
Chakras, the Divine Energetics of Your Life, And the Methodical Management of Your Authentic Power .................................................................................................................................................. 10

When You Live In Harmony with the Light Side Of Your Chakras, Your Energy Centers, You Automatically Begin to Manage Your Power And Become An Immensely Powerful Whole Being, Who You Really Are, Your True Self ........................................................................................................................................... 24

Archetypes, the Ancient Forces and Patterns That Shape Your Life Story, As Per Your Sacred Contracts, And How You Can Use Them Deliberately To Move In the Directions You Desire ........................................................................................................... 32

1. The Child .................................................................................................................................................. 36
2. The Victim .................................................................................................................................................. 38
3. The Saboteur ............................................................................................................................................. 39
4. The Prostitute ........................................................................................................................................... 39

Other Archetypes ......................................................................................................................................... 39

The Quantum Nature Of Reality ................................................................................................................ 41
Time, An Illusion Of The Mind ..................................................................................................................... 41
How The Space-Time Continuum Fits Into Story-Form, Archetypes, Chakras And Power Management ......................................................................................................................................................... 47

Your Nine Levels of Consciousness Directly Related To Physical Experience: The Key to Understanding Deliberate Creation and Mastery .................................................................................................. 48
All Of Life Is A Story... A Particular and Symbolic Kind of Story. And You Are A Unique, Important Part Of It ................................................................................................................................................. 60
This Story Has A Particular, Mythical, Universal, Age-Old Structure That Is Part Of Our Collective Consciousness ............................................................................................................................................... 60
The Steps And Components Of Your Hero’s Journey... The Invisible Framework Upon Which Your Life Is Guided ....................................................................................................................................................... 64
How The Archetypes, Chakras And Power Management, And 9 Levels Of Consciousness Fit Into Story-Form ......................................................................................................................................................... 64

2. The Practice, The Tools ............................................................................................................................ 72
Key Principle: Work On Your Life, Not Just In Your Life ............................................................................. 73
EgoScript™ – Human Technology Tools ......................................................................................................... 74
LevelsRecall™ – Human Technology Tools ................................................................................................ 74
JourneyScript™ – Human Technology Tools ................................................................................................ 74
ChakraScript™ – Human Technology Tools ................................................................................................ 74
BeliefsLiberator™ – Human Technology Tools ........................................................................................... 74
IllusionBuster™ – Human Technology Tools ............................................................................................. 74

aHappyPocket.com
Thought Virus Eliminator – Human Technology Tools
Tips & Techniques To Get You Unstuck
3. Appendix
Your Energy Centers (Chakras) In Detail
Basic Working Principle
First Energy Center (Root Chakra): Family and Social Belonging
Second Energy Center (Sacral Chakra): Money, Relationships, Personality, Power, and Control
Fourth Energy Center (Heart Chakra): Love
Fifth Energy Center (Throat Chakra): Will Power, Self-Expression, Following Your Dream and Trusting Life
Sixth Energy Center (Inner Eye Chakra): Truth, Intellect, Self-Evaluation, Intuition, Spiritual Insight and Seeing the Bigger Picture
Seventh Energy Center (Crown Chakra): Getting In Touch With Your Spirit, Connecting Consciously With Your True Self

At its ultimate development, this chakra is the center of a very powerful being. Such an enlightened person is fully present and, literally, spirit on earth. They no longer know the idea that we are all One, part of the Source of All That Is, as an intellectual statement. They know it with every cell of their being and they are in full harmony with the entire cosmos.

Your Energy Center (Chakra) Cycles: Energy Seasons of your Life
Growing into Empowered Human Beings By Watching Where You Are In The Cycle

The ‘Creator Be’ Prayer
The Conscious Creator’s Creed
The ‘Happy Pocket’ Trilogy
Personal and Group Coaching
What Will This Book Do For Me? How Can I Be Sure This Works?

This is what it will do for you...

In a nutshell...

This book will open you up to the knowledge of the fundamental nature of personal reality. It will also enable you to master the art of crystallizing your preferred reality. It will lead you into a journey of self-acceptance and empowerment.

There will be challenges, indeed there must be challenges, but there will also be insanely great rewards.

You will discover a tremendous amount about yourself and Your Self; and this is probably the best part of it all. This is likely going to be one of the best self-discovery tools you will ever have in your life. And with that empowerment comes grace and fulfillment.

This is why you can be sure it works...

Life is not random. It is intricately designed by the Creator. But up until now, we have been blind to the overall design and the part we, as humans, played in it.

Not so long ago, we thought the earth was flat.

Realizing it was round was a momentous, life-changing discovery.

This book holds just such a life-changing discovery.

I guarantee that it will blow your mind - and immensely empower you.

It places your life in context with the Primary Life Technologies that the Creator (The Source, God...) uses to build our lives and our universe.

The Primary Life Technologies we will be applying are:

**Story-form (the Monomyth):** Life is a story. Your life, mine, Nelson Mandela’s, Jesus’, Buddha’s, Barack Obama’s, the Earth’s, the Universe... But believe it or not, there is really only one story! That is why it is called the monostory or monomyth! Every story you have ever experienced in your life or heard of is essentially an alternate set of situations superimposed, with individual and unique styling, over the same story structure! Anyone in the movie industry knows this. Deliberately crafting your goals or understanding your challenges within story-structure ensures you are in line with life itself, and so things flow well for you. In story structure, without exception, every story
involves transformation! You have the beginning state, then a psychological-emotional journey that has an arc, or major change, which causes or is the transformation, then an end state. When you set a goal, for example, you typically never think of considering the transformation arc nor the journey itself... But what if you did? How would that empower you?

Archetypes: The characters and mind-states in that story are not random; they themselves are also archetypes, ancient universal patterns. Examples: The Child, Victim, Mother, Prostitute... Life has templates, patterns, that structure existence, just like the blue prints of a house, and knowing what they are and how they are at play with your life empowers you in ways you never thought possible.

Chakras: You are an energy system. As any other energy systems, you have energy processing and distribution centers, called chakras. These regulate your power. Power is relational to the archetypes, to choices, and to stages in your story. Power management is what drives transformation (e.g. overcoming fear). In this book, you will become intimate with your power centers and start to master your power consciously.

Energy: As quantum physics proves beyond doubt, the universe and all that is in it is not made up of energy, it IS energy. Einstein’s famous equation e=mc\(^2\) was all about that. Solidity is a perception, not a reality. And energy behaves like a supernatural being! Time and space do not contain it. And that is the stuff you and I are not made of, but are. We ARE energy. This is why miracles happen, because energy doesn’t obey the rules of our perception.

The 9 Levels of Consciousness: In the beginning was the Word, and the Word became flesh. How did that happen? Welcome to the levels of consciousness, specifically, the 9 levels that deal with our reality. We are now able to work hand in hand with our Higher Selves, with the Template of reality, resulting in more deliberate creation and conscious evolution.

We will also use many tools, including the common ones such as visualization, prayer, goal setting, law of attraction, lifestyle design, and more... But all in line with and within these Primary Life Technologies.

Let us begin...
1. The Theory
Why Prayer, Goal Setting, To-Do Lists, Law of Attraction, Manifesting, Creative Visualization, Lifestyle Design, And Global Activism Seem To Not Always Work...

Why is it that prayer quite often seems to fall on deaf ears up above (or below)?

Why is it that so many of us set goals, visualize, and make furious to do lists, try manifesting, and put in our earnest efforts, only to fall flat so many of the times?

Why is it that the law of attraction sometimes seems to fail?

Why?

Is it possible that the reason why prayer, goal setting, to-do lists, law of attraction, manifesting, creative visualization and lifestyle design seems to fail so often is that they are not in context of a larger picture?

Is it possible that these are simply tools within a greater framework that most of us have never heard of or do not understand?

That therefore, the lack of a big picture perspective causes us to unconsciously use these tools incorrectly or inappropriately, and that is the reason for the high ‘failure’ rates?

To put it in another way, if you were aboard the Titanic and it started sinking, and you got busy re-arranging the furniture neatly as it started getting messed about by the commotion of a ship going down, would your noble action of fixing furniture have stopped the sinking or helped anything at all? I mean, usually, arranging furniture neatly is a good idea, but not when it is on board a sinking ship. Big picture awareness, larger context perspective, matters.

Don’t worry; your ship is not sinking, but...

What could this larger context be when it comes to our lives? What is larger than us, larger than our normal but narrow day-to-day, year-to-year focus?

Let’s get into that right away.

We will first consider the personal concepts and gradually expand to the universal concepts, until we have an encompassing perspective that makes sense...
Chakras, the Divine Energetics of Your Life, And the Methodical Management of Your Authentic Power

In A Happy Pocket Full of Money, the first book in this trilogy, we saw, in great detail, how you and all of life are made of energy.

All Life is One energy. One. All That Is. Individuating into seemingly separate parts.

We also saw how this Life Energy has been studied in the science of Quantum Physics. We saw how Nobel laureates, using true science, have proven that in deed all life is energy, and that this energy responds to our intent, our Will. A scientific fact.

Energy responds to Will.

But if you are made of energy, how come you experience yourself as flesh and bones?

Looking at your body, you can see how it is self-evident that you are made of energy. Let us take a quick scientific look at this:

Your flesh is made of tissues. Those tissues are made of cells, which are made of compounds such as protein and water, which are made of molecules such as oxygen and hydrogen. Molecules are made atoms, and atoms are made of sub-atomic particles such as neutrons, protons and electrons.

But what are sub-atomic particles made of? Any scientist will tell you that they are energy. Not made of energy, they are energy.

Everything is not made of energy, it is energy.

You just don’t see it that way because your five physical senses are incapable of such detection. But an electron microscope, if you had one or went to a facility with one, will prove to you, beyond doubt, that everything is energy. A ‘collection’ of energy.

And this energy does not sit in one place. It is every-where and every-when at the same time. Beyond space and time.

What we see as matter is, as Albert Einstein said, an illusion of our perspective.

While it is true that energy responds to our Will, there is a method to the madness. It is not random at all.

That is why, for most of us, instant manifestation, such as creating a car out of thin air, does not usually happen.

But for a very few, it does happen.
And that is not random either. It is a result of the perfect management of power, which very few of us have attained a mastery of. But we all can. Indeed, the whole point of physical experience is to master the management of our power and transform. That is what underlies the hero’s journey, and the interplay of archetypes.

Instant manifestation is possible. We have all heard of it, and in some small ways, even experienced it ourselves.

So, if it is 100% possible, why is it not probable for you at this time? And when will it become highly probable, as much as it is possible?

To get to the bottom of that mystery, we need to examine our energy system as humans. That is where we will start.

It will reveal startling findings...

An energy system, with circuits that flow that energy, and centers that process and distribute energy. Makes sense, doesn’t it?
But what is the nature and source of this energy? In the Far East they called this energy *chi*, or *prana*. In the Bible, it is the Breath that God breathed into humans. Whatever you wish to call it, it is, well, energy, life force.

You can actually feel this whole system in your body. You can feel flow. You can feel the energy centers. And the more aware you become, by practicing awareness, the more you can feel them and use them deliberately.

Now, let’s see what happens every day, in an overly-simplified manner for the sake of understanding...

Again, makes sense. You can feel this flow through out the day, can’t you?

You can feel how you begin with a charge in the morning, and by evening you are sometimes completely empty.

And the whole idea of investment and return is intuitive.
Cause and effect, karma. The butterfly effect.

Now let’s look at these daily energy investments in detail...

As above, so below. The Star Mirror. This is an ancient principle, first popularized on earth, in our known history, by the ancient Egyptians. The Hermetic principles.

Which means you can infer what happens to energy by looking at what happens in mathematics, or even finance, and so on. And vice versa.

If you manage it well, with integrity, in line with the principles of Life, you gain.

If you manage your energy poorly, invest it badly, you lose it.

If you lose too much, more than you have in the system, you have to find it from another source. Such as your cell tissue, leading to dis-ease, rapid aging, depression, etc, or sapping it from other people, leading to them avoiding you or mis-treating you.

If you have all known a person or two who is an energy sucker - and we all wanted to avoid that person). At worst case, it can lead to rapid aging (many people have aged very rapidly after undergoing a situation they handled badly) or even death.
Let’s look at an example of poor energy investment, so as to better understand all this...

Here, in the above example, you have a timeline stretching from you birth. At some point in the past, you may have experienced a point of childhood or parental criticism. You took it badly, and held onto that, let’s say, grudge or blame or victim mentality.

Let’s say that today, you still have not resolved that inner conflict.

Consciously or unconsciously, you will send some of your energy ‘back to the past’, to that situation. Supporting the belief that you were wronged, that you were victimized, that you are less than, that you are unworthy, and so on.

That is wasted energy.

And it will continue wasting, every day, until you resolve that inner conflict.

For you see, you are holding onto an illusion. A false idea of yourself. You are not a victim. But to maintain that belief, you need to invest energy to power that false reality.
Nothing real can be threatened. Nothing unreal exists. Therein lies the peace of God. - A Course in Miracles

Reality maintains itself. But illusions must be powered by you. A lie needs your investment. It consumes you.

Time for some good old mathematics...

![Energy Math of a Bad Investment Day](image)

See?

If you are holding onto a whole bunch of issues and negativity, you have no energy for normal functioning, for happiness, for manifestation - and definitely not for instant manifestation.

You see how it is all connected? There is, indeed, a method to the madness.

And think about this...

Scientifically speaking, there is no past or future.
There is only Here, Now. An eternal moment.

So, when you invest in a ‘past issue’, what is the point, energetically speaking? It is pure waste. It’s like flushing money, currency, down the drain. (Notice how even money is called currency, as in, current, Here Now).

Do your best to invest energy wisely. We will look at how later. It is all connected, all that we are doing here. Story form, archetypes, energy - it is all connected into one neat system.

Let’s now look at a really negative person or a really bad day when this person wasted more than he or she had...

![Energy Math of a Poor Investment Day]

Notice that the debt is in the Here Now.

And Here Now, your life must move on, doesn’t it?
But with what energy, if you have used up all your energy by lunch time on negativity and other ways of poor energy management?

You must live on, right? Life goes on.

To finance your debt, you will end up either borrowing it from your cell tissue, and thus damaging your body, and if done long enough, causing temporary or permanent disease. Stress kills, right? That is why. Or you will try to unconsciously rob it from other people, suck their energy, by complaining, whining, blaming, controlling, manipulating, and so on.

Did you know that there is actually technology that exists that can take energetic photos of the body?

Have a look at this...

These are actual photographs, using GDV or Kirlian photography (a Russian innovation).
As you can see from the aura, we are not speaking of theories here. These things are actually happening. Reality.

So here are the key concepts...

Living and maintaining your life today, this day, Here, Now, requires a certain minimum amount of energy

Manifesting or creating new realities in your life requires a certain minimum amount of energy

If you don’t have that energy, you will go without

You cannot fake energy, you cannot force yourself to do more than you have

You cannot fake it? Really? What about ‘pushing yourself’?

Yes, you can push yourself, you can work like a donkey, but you are not manufacturing new energy doing so, only using up more to do so.

For example...

Imagine that visualizing, attracting, manifesting and taking action on a new significant career move, car or relationship requires an investment of 70 units of energy a day...

...imagine that you only have 40 units a day to spare after deducting your unconscious bad investments...

Your choices then become grim, as follows:

...you go without the new and you stay stuck in the old...or...

...you literally consume your own body or steal other people’s energy to make the new happen, literally at a deadly cost to your health or relationships.

But if you had more than enough energy in your system, you would almost effortlessly flow into the new and drop the old!

Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

Now, it is time for the golden question...

Not your energy, but your power.

According to the dictionary, **power** is:

1. The ability to do something or act in a particular way, esp. as a faculty or quality: *the power of speech* | [with infinitive]: *the power to raise the dead* | (powers): *his powers of concentration*.

2. The capacity or ability to direct or influence the behavior of others or the course of events:
   - Political or social authority or control, esp. that exercised by a government: *the party had been in power for eight years* | [as modifier]: *a power struggle*.
   - A right or authority that is given or delegated to a person or body: *police do not have the power to stop and search* | *emergency powers*.
   - The military strength of a state: *the sea power of Venice*.
   - A state or country, esp. one viewed in terms of its international influence and military strength: *a great colonial*.

In contrast, **energy** is:

1. The strength and vitality required for sustained physical or mental activity: *changes in the levels of vitamins can affect energy and well-being*.
   - (energies) A person’s physical and mental powers, typically as applied to a particular task or activity.

2. Power derived from the utilization of physical or chemical resources, esp. to provide light and heat or to work machines.

3. Physics the property of matter and radiation that is manifest as a capacity to perform work (such as causing motion or the interaction of molecules): *a collision in which no energy is transferred*.
   - A degree or level of this capacity possessed by something or required by a process.

Or to put it another way, **power** is the capacity or ability to influence or direct how **energy** will be used and by whom or by what.

For our purposes, let us further define power and energy by use of examples of bad power management. For example:

When you let other people control you, you are giving them your power over yourself, your energy. Bad power management.
When you see yourself as a victim and live that way, you are giving away your power, your ability to direct your energy and who will use it and how. Bad power management. When you see yourself as less than (poor self-esteem or self-love), you are losing your power, your ability to will your energy. Bad power management.

When you sell out (prostitute) your values for protection or money, you lose power, integrity in energy application. Again, bad power management.

As you can see, if you look at it carefully, it is all about integrity of Self, knowing Who You Truly Are. **Being Your True Self.** Dropping the mask.

It is all about reclaiming your power, which is your management of your life force, your energy!

That is what you came here for.

This is NOT the same as defending your ego or acting like a Hercules when you are not. You cannot fake it. And your ego is not your True Self. That is still bad power management.

**Be your True Self.**

> Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn’t serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we’re liberated from our own fear, our presence automatically liberates others. - Marianne Williamson

> What life is about is the management of your spirit. - Dr. Caroline Myss

We are coming to understand health not as the absence of disease, but rather as the process by which individuals maintain their sense of coherence (i.e. sense that life is comprehensible, manageable and meaningful) and ability to function in the face of changes in themselves and their relationship with their environment. - Aaron Antonovsky, *Unravelling the Mystery of Health: How People Manage Stress and Stay Well*

The common ingredient in every issue, problem, challenge, illness, etc, is an issue of power. Power. Power. Power.

Indeed, even our physical body is a construction of spiritual power.
Growth is the process of empowerment, of reclaiming our power and learning how to manage it.

Let us proceed, it will all become clearer...

This is how you end bad power management and start good power management...

We will get into the details of this later when we start looking at chakras.

But before we get into the details, let’s look at some quick examples of common energy suckers, which of course indicate bad power management:

- Anything we do from the shadow aspects of our Child, Victim, Prostitute & Saboteur archetypes (we will cover archetypes later)
- Negative tribal/society beliefs e.g. superstitions, my country/race/religion is better than yours, if you aren’t skinny/rich/loud you aren’t good enough, negative family beliefs, cultural ideas (e.g. life is hard, money is limited, love hurts...), etc
- Negative media and news, negative people, etc
- Etc...
And now...

Three Golden Rules...

1. All your energy investments draw from your ‘daily’ available energy pool
Again, keep in mind that time doesn’t really exist as a separate ‘thing’, it is just a construct of the mind. Everything is in the Here Now, so when we say ‘daily’ available energy, that is just illustrative, so that we can understand all this more easily.

Moving on...

3. Do your best to never invest in anything that doesn’t give you a positive return or that leads you to an energy debt

If you can promise yourself that, if you can make a personal declaration, preferably witnessed by some close and trusted family members or friends who can hold you
accountable, you will be well on your way to eventual mastery of the proper management of your power.

That intent alone will attract a journey that will guide you to that end.

Now, let us look at how you can invest your energy wisely, manage your power properly, in all life areas, so that you have plenty left for manifesting your dreams...
When You Live In Harmony with the Light Side Of Your Chakras, Your Energy Centers, You Automatically Begin to Manage Your Power And Become An Immensely Powerful Whole Being, Who You Really Are, Your True Self

Your chakras are the energy centers of your energy system. They process and distribute your energy.

In Asia, the chakras are considered the centers of spiritual power.

Your chakras can literally work miracles if they are fully working in line with the Truth of Who You Really Are.

Therefore, to discover how to invest your energy wisely, how to manage your power, all you have to do is understand the nature of your 7 main chakras and live deliberately in support of that nature. Simply understand what balances or unbalances each of the 7 chakras as follows...

Each chakra has a unique principle function. This is what begins to tell us what Truth it upholds. For example, the first chakra, the Root Chakra, deals with community survival, survival within the ‘tribe’, and the Truth it upholds is “All Is One”. We are One. Living by that truth leads to the mastery of power management in that chakra. Living from the basis of a belief in separation does the opposite.

Each chakra supports its own set of parts of the body. For example, the Root Chakra supports the feet and legs, bones, immune system, spine base, and rectum.

Each chakra powers specific life issues. For example, the Root Chakra powers issues such as family and social belonging, social bonds, loyalty, and belonging.

And because of all this specificity, energy loss or bad power management results in specific, predictable outcomes. And vice versa, we can predictably know what good power management for that chakra looks like or should be.

Let us now look at each chakra in greater detail...
Having read the above, can you guess what Truth keeps this chakra operating at its optimal point?

Here it is...
We are all One. Therefore, concepts such as “do unto others as you would like done unto you” are extremely empowering.

Next...

This chakra is concerned with 1 on 1 survival.

When you cause, accept or hold onto issues such as the fear of not having enough, manipulative or controlling relationships, external-based self-worth, lack of honor, betrayal, sexual guilt or resentment and other such issues, you lose a lot of power! Each one of these issues, in one form or another, goes against the Truth of Honor One Another.

For this one, this is the Truth that keeps this chakra at optimal:
The Solar Plexus chakra is concerned with self survival.

To keep your power in relation to this chakra, you need to be decisive in your life’s matters and trust in your ability to make decisions that are good for you, you need to
believe in your self worth simply because you exist, and so on. The opposite of that, such as giving away your decision-making power, manipulating or being manipulated, seeking approval to feel OK about yourself, all diminish your power.

For this chakra, the Truth to uphold is...

TRUTH TO UPHOLD: Honor Self
Perhaps the most famous chakra is the heart chakra. We have all felt it. It is our emotional zone. As you can see from the list above, anti-love issues make you lose power very expensively. This is the most expensive chakras to maintain negatively! **TIP:** Forgiveness is simply giving up the illusion that things could have been or should have been otherwise. In reality, it does you a LOT MORE good than it does the other person, because in forgiveness, you stop investing your energy in that negative situation.

It's Truth is...
This is a critical chakra. It is where our Will sits, our power of choice. Remember, energy follows will. If your will is weak, energy doesn’t obey. Fittingly, this center powers your throat, the house of your voice box, where you literally give your word. Your will is extremely important and you must reclaim it all. But once you reclaim it, you must then surrender it to Divine Will, truly an act of trust in Life.
Pages Deleted From Sample
Archetypes, the Ancient Forces and Patterns That Shape Your Life Story, As Per Your Sacred Contracts, And How You Can Use Them Deliberately To Move In the Directions You Desire

According to dictionary.com, an archetype is:

1. the original pattern or model from which all things of the same kind are copied or on which they are based; a model or first form; prototype.

2. (in Jungian psychology) a collectively inherited unconscious idea, pattern of thought, image, etc., universally present in individual psyches.

According to Wikipedia, an archetype is:

1. a universally understood symbol, term, or pattern of behavior, a prototype upon which others are copied, patterned, or emulated. Archetypes are often used in myths and storytelling across different cultures.

2. a model of a person, personality, or behavior.

3. the ideal forms of the perceived or sensible objects or types.

In a nutshell, an archetype is a symbol that all our souls recognizes! It is the language of souls. All souls.

Plus, an archetype is neutral, containing the seeds for both positive and negative manifestation, both light and shadow.

Have a look at this partial list of archetypes to start to get an idea of what we are talking about here. (WARNING: At first glance, this list below will look just like a plain list with no relevance to anything in your life, but later it’s use will start becoming clear, please be patient):

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<thead>
<tr>
<th>Actor</th>
<th>Disciple</th>
<th>Martyr</th>
<th>Prostitute</th>
<th>Shaman</th>
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<td>Puritan</td>
<td>Storyteller</td>
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<tr>
<td>Avenger</td>
<td>Father</td>
<td>Mother</td>
<td>Rebel</td>
<td>Student</td>
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<tr>
<td>Beggar</td>
<td>Fool</td>
<td>Muse</td>
<td>Redeemer</td>
<td>Teacher</td>
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<td>Bully</td>
<td>Gala</td>
<td>Mystic</td>
<td>Rescuer</td>
<td>Thief</td>
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<tr>
<td>Bureaucrat</td>
<td>Gambler</td>
<td>Nature Boy/Girl</td>
<td>Revolutionary</td>
<td>Tramp</td>
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<tr>
<td>Caregiver</td>
<td>God</td>
<td>Networker</td>
<td>Robot</td>
<td>Trickster</td>
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<tr>
<td>Child</td>
<td>Goddess</td>
<td>Nun</td>
<td>Saboteur</td>
<td>Tyrant</td>
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<td>Clown</td>
<td>Gossip</td>
<td>Olympian</td>
<td>Sadist</td>
<td>Vampire</td>
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<tr>
<td>Companion</td>
<td>Healer</td>
<td>Patriarch</td>
<td>Sage</td>
<td>Victim</td>
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<td>Coward</td>
<td>Herald</td>
<td>Pilgrim</td>
<td>Samaritan</td>
<td>Visionary</td>
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<td>Craftsperson</td>
<td>Hermit</td>
<td>Pioneer</td>
<td>Scholar</td>
<td>Warrior</td>
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<tr>
<td>Crone</td>
<td>Historian</td>
<td>Poet</td>
<td>Scout</td>
<td>Witch</td>
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<tr>
<td>Crook</td>
<td>Innovator</td>
<td>Politician</td>
<td>Scribe</td>
<td>Wizard</td>
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<tr>
<td>Damsel</td>
<td>Judge</td>
<td>Predator</td>
<td>Seductress</td>
<td>Zombie</td>
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<tr>
<td>Detective</td>
<td>Knight</td>
<td>Priest</td>
<td>Seeker</td>
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<td>Dictator</td>
<td>Liberator</td>
<td>Prince</td>
<td>Seer</td>
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<td>Dilettante</td>
<td>Lover</td>
<td>Princess</td>
<td>Servant</td>
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<tr>
<td>Diplomat</td>
<td>Magician</td>
<td>Prophet</td>
<td>Settler</td>
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(This list was adopted from Caroline Myss’ Sacred Contracts. For full details on the full nature and patterns of each archetype, please see [http://www.myss.com/library/contracts/three_archs.asp](http://www.myss.com/library/contracts/three_archs.asp).)

I am sure you recognize instantly a little bit of what each of the above archetypes represent.

You recognize the basic roles and responsibilities of each, and if you are a little more through, you also know their positive and negative (shadow) aspects, strengths and weaknesses, and even their typical life paths and patterns.

Some of these archetypes have even gone to the level of becoming official careers. For example, the Judge is both a career but also an archetype that can be embodied by anyone, even those who are not officially judges. There are lots of people who are natural judges; they can’t help themselves but be judges, even if by profession they may be a Crook, for example.

Archetypes are impersonal patterns of influence, that have their own ‘life’, that are both as universal as they are ancient.

However, when they are active in an area of your life, they become personalized.

They become part of your psyche, and in as much as they influence you, you also influence them back, adding to the collective consciousness of that archetype.
Archetypes are very much alive, they are not dead patterns. Once you start to notice them and their influence in your life, you will start to see the incredible activity they posses.

They are not dictators of your life. In deed you have free choice. But they do provide the foundations of your beliefs, motivations, emotions, actions, and personality. They do shape your life by merely showing up. How you respond is up to you.

Why do they exist?

Well, for a variety of reasons. But for our intent and purposes in this book, it is best to think of them as the material with which your sacred contracts are fulfilled.

Sacred contracts?

Well, whatever religion or faith you follow, or whatever belief system you follow, you might have heard statements such as “everything happens for a reason”, “follow your dharma”, “its all part of God’s plan”, “you were destined for this”...

Many of us simultaneously believe in destiny... And in free will. A paradox.

Anyways, what I suggest to you here is that these statements from an inner understanding that we have that it is at least possible that there is some kind of divine plan at play.

A divine plan... Enforced, perhaps, by sacred contracts?

Agreements you may have made prior to incarnation that you will pas point A, B, J and D in the course of your life? That you will contribute XYZ to Life, to the collective consciousness, as part of your journey? That you will lead a particular group of person in a particular mission?

Prophesy... How does it work? How is it possible, unless there is a divine plan and sacred contracts at play?

Think about it.

Anyways, that is for you to determine for yourself, whichever explanation you choose.

The point here is, if you can subscribe, in one way or another, to the idea of divine plans, then you can understand the point of sacred contracts, and from there it is easy to understand the need for the existence of the monomyth story-form (which we will look at in detail later) and archetypes. You can see the system at play - one integrated unit that makes sense!

Archetypes, by the way, evolve.
They evolve through us. As we make choices and grow, we contribute back the information of that experience to the archetype, thus causing spiritual evolution.

Even events are archetypes. For example, the Birth, Puberty, Initiations, Marriage, and Death event archetypes.

There is no negative archetype. They are all neutral (even when they have a name like Death or Sadist). When embraced, all archetypes provide positivity. When repressed, all archetypes manifest the shadow, the negative (yes, even when they have a name like Lover).

This shadow only has negative power when it is repressed, being kept in the dark. When we deny it’s presence because we consider it unacceptable, the shadow manifests negatively.

And the only way to dispel the shadow is to face it and acknowledge it. (Have you ever heard that in a dream where you are being chased, the only way to end the chase is to stop, turn, and face your pursuer, and all will be fine?)

Let us take the Rebel archetype for example, to illustrate all we have covered so far:

Who embodied the Rebel? People like Gandhi, Nelson Mandela, Braveheart the movie. The Rebel archetype lead them powerfully to reject illegitimate colonial power. That was it’s positive aspect. But when someone with a Rebel archetype at play in their lives chooses to repress it or lose awareness of it’s Light, it drives them to rebel against just about anything and everything, including legitimate leadership and authority that would otherwise have been positive and beneficial. We all know of such rebels. Rebels without a cause. And the most famous of all shadow Rebels is the angel Lucifer of Jewish, Christian, and Muslim lore.

Sticking with the Rebel example, and with Gandhi, who liberated India from the British Imperialists... Gandhi was a lawyer living in South Africa in his Ordinary World, practicing law. He got his Call to Action and moved to India to liberate his people from the Bully. Was it his destiny? His sacred contract? One way or another, change happens, and empires rise and fall, and sooner or later, the British empire had to give up and India had to become independent. That is for sure, no argument. Change is the only constant. But something or someone has to take that action. Could it have been Gandhi’s sacred contract right from the beginning? Maybe. Maybe not. I don’t know for sure. But a contract indeed there was, to ensure that the British India story unfolded to it’s conclusion.

Anyways, Gandhi used the Light side of the Rebel archetype and without an army or any use of force, got the Bully kicked out with all its forces and armies.
Gandhi had a choice. He could have held on to anger and used the shadow side of the Rebel. We all know that would just have made him another angry lawyer amongst thousands of the same, and we might never have heard of him.

But the Light said made him an inspiration, a force for good, a global phenomenon! More powerful than an army, an empire!

See how this works?

OK, moving on...

There are four archetypes that basically every human being has...

We all have the following archetypes expressing within us in varying degrees or aspects:

<table>
<thead>
<tr>
<th>Archetype</th>
<th>Description</th>
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<tbody>
<tr>
<td>The Child</td>
<td>This manifests in us the dual nature (positive and negative, or light and shadow) sides of “I'm in charge”.</td>
</tr>
<tr>
<td>The Victim</td>
<td>This manifests within us the dual nature of “I'm responsible”.</td>
</tr>
<tr>
<td>The Prostitute</td>
<td>Manifests the dual nature of “I honor myself (or my truth/integrity/power/choices...)”.</td>
</tr>
<tr>
<td>The Saboteur</td>
<td>Manifests the dual nature of “I do it, I act”.</td>
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Let us look at each of these four in greater detail, for they are at play in just about EVERYTHING that you do in your life.

1. The Child


Dr. Myss goes on to say that, “Everyone has expressions of each one of these aspects of the Child within his psyche, although one aspect is usually so dominant that it eclipses the energy of the others. The Wounded Child, for example, can be so needy that it is almost impossible for the Magical Child to manifest its qualities. At the same time, because every one of the Child aspects is present in various degrees of strength in every psyche, similar patterns often overlap, making it hard to distinguish which one you relate to most intensely. You may find that you relate equally to the Orphan and the Wounded Child, or to the Puer Eternis [Eternal Child] and the Nature Child. When this is
the case, choose one and include the specific qualities that you relate to in the other archetype as you investigate the psyche of this archetype in your life.”

The Orphan Child - As you might expect, an orphan is not part of a family. This archetype therefore expresses the idea of early independence, not belonging, surviving on their own, abandonment, stunted growth, rejection, absence of family influences, strong personal judgment, and other such positive and negative expressions of this central idea. To really grasp the power of the Orphan, ask yourself questions such as, “How does not belonging become an asset?” An answer might be that it allows the Orphan to think independently, and thus bring new thought into a group or tribe or planet that has been stuck for a long time in old, decaying ideas. That is one example. The point is to try to see the Light side of a characteristic, and to recognize that all characteristics are like coins in that they have two sides, a Light side and a shadow.

The Wounded Child - This is so common nowadays in popular culture. Many people walk around blaming their childhood for the current ills of their lives and relationships. The Wounded Child’s shadow expression has almost become ‘cool’ in pop culture today. In it’s shadow aspect, it expresses the perceived wounds, abuse, neglect and trauma of childhood and carries it into the present. In it’s shadow, a person keeps repeating these wounds in his or her life, even after they have long grown up. In it’s Light expression, it allows a person to develop deep compassion, understanding of development, service to humanity, and forgiveness. But the shadow is very powerful, be careful, look only at the Light with this one. The shadow can keep you trapped in a cycle of self-pity and blaming the parents, never making any progress. Forgive! Move on to the Light side of this archetype.

The Magical/Innocent Child - You know those people who believe that humanity is basically good, no matter what the atrocities committed? What about those people who simply enchant you in a childlike way, while they too, seem enchanted? Those people who see the sacred beauty in all things, no matter how horrid or ugly? Those people have a strong expression of the Magical or Innocent Child. In the Light side, this archetype inspires you to seek the wondrous side of life despite all odds. It gives you the spirit, wisdom and courage to face difficulty with grace. This archetype carries the power of imagination, the faith that all is possible. In it’s shadow, it carries the power to believe in the absence of miracles or in the forces of goodness, it brings depression and pessimism. The shadow can also mean a belief that fantasy alone is enough, that one needs not take action or invest energy to make things happen (escapism).

(TIP: Let me show you a quick trick that can be applied to any archetype as you start working with them. Read through the Magical/Innocent Child description again. And as you do, imagine that you have a friend who has depression or escapism. How would you help him or her? Logic would tell you that from this description the one way to overcome the shadow aspect is to consistently open your eyes to, become aware of, and practice the Light aspects until they awaken. Turn on the Light, and the shadow is gone. Simply become aware of the Light aspects, and the shadow aspects will begin to vanish. Awareness, embracing, allowing. That is all. For the depressed, get out, see the
world, start to appreciate the sacred beauty in things, get involved with life and nature and see it’s beauty more and more. For escapism, start taking small actions, baby steps, notice their effects, and grow the actions, practice that, noticing the effect, until escapism turns into an active force of action. Now, whenever you find yourself in an archetype’s shadow, research it’s Light expression and aspects, then practice that, and with practice, with conscious attention to that awareness, you will flip to the Light side. For example, how would you move from the negative or shadow side of the Wounded Child? By deliberately practicing forgiveness and compassion, understanding that your parents were doing their best at the time, they did not know any better, simply replaying the pattern they themselves picked up. You can’t fake this stuff; you truly have to want to change your perspective, and that takes intent and communication and so on, but get there you will if you start. The Light and shadow sides are diametrically opposite perspectives or viewpoints.)

The Nature Child: This archetype, in it’s Light expression, carries deep, intimate bonds with nature and natural forces. Those people who have deep connections with animals and can communicate with them are examples of this. So do animal rights activists. These people are also tough as nature is. They can really survive! Some talk of communicating with nature spirits. For all who have a strong manifestation of it’s Light side, their psyche literally NEEDS the bond with nature. Common, everyday pet lovers or people who like fancy dogs as accessories are not Nature Children; their psyche does not need the bond with Nature to feel alive. This archetype was very strong in the past in it’s Light side, but it is today very present in it’s shadow side, which embodies the abuse of the environment, nature and animals.

The Eternal Child: In it’s positive, you remain eternally young in body, mind, and spirit, enjoying life as a child would. This is an extremely healthy and liberated approach to life. This doesn’t mean immaturity; in fact, it means healthy maturity that does take responsibility yet is young at heart. In it’s shadow, it means never growing up, never really maturing, never taking responsibility as an adult would normally. It means remaining dependent through adulthood. Unreliable.

The Divine Child: This archetype is closely related to the Magical/Innocent Child, except that it it has a mission of redemption. Jesus Christ is an example. So is Horus (son Isis and Osiris in ancient Egyptian mythology). The Light side of the Divine Child embodies purity, innocence and redemption. It is not reserved for special people, and it is arrogant to think that you cannot embody these qualities. Arrogant? Yes. Because, if it has been gifted to humanity precisely because humanity deserves it, your refusing it in the spirit of ‘humility’ is actually another way of declaring yourself as separate from All That Is, turning down a gift given in good faith. OK, in it’s shadow side, the Divine Child manifests as an inability to overcome or defend against negativity and negative forces, or a desire to hurt others.

2. The Victim
This is so common, that everyone knows what this is. Or do they? What is common is the shadow aspect of this archetype. Our culture today is full of the shadow aspect of the Victim, victim mentality, whether that means trying to victimize others, or seeing yourself as a victim. The shadow is a pity-seeker. The Light side of the Victim is an energy that guards and protects you against actually being victimized. The Light side reminds you that you are never a victim, and gives you the energy not to be.

3. The Saboteur

We all know what low self-esteem is. The Saboteur’s shadow is behind this. A collection of fears and low self-image that lead a person to make poor choices, refuse to advance, or literally sabotage themselves or others. The whole idea being to deny oneself of empowerment, success, and an awareness of one’s glory. In it’s Light manifestation, when you embrace it, it will make you very alert to situations where sabotage of any kind is a possibility. It prevents you from sabotaging yourself or being sabotaged. It is that voice that tells you, when you have an early start in the morning, not to party too much the night before. When you have a big race, to rest properly and look after yourself. That is the Light side of the Saboteur. It can really be a powerful ally. It prevents you from making unnecessary mistakes. If you do not embrace it, if you ignore it and it’s voice, you start becoming self-destructive and even wanting to undermine and sabotage others.

4. The Prostitute

Yes, we all have it. When we don’t embrace it and fall into it’s shadow, we lose integrity, we become negotiable regarding our integrity and spirit, we sell out. Seduction and control get the better of us. Fears of loss, survival fears, desire or greed for financial gain, all wreck havoc with us. We also attempt to corrupt others in the same way. Buy them off one way or another. In it’s Light aspects, it reminds you to keep your power by keeping your integrity no matter what. It helps you build your self-respect, your integrity and your self-esteem.

You are now starting to become fluent in archetypal language. It’s an eye opener, isn’t it?

Other Archetypes

For a description of about 90 other archetypes, please see Caroline Myss' website, Myss.com, starting with this page here: http://www.myss.com/library/contracts/three_archs.asp.

I just want to say one thing before we proceed...

Light is not ‘good’, and dark (or shadow) is not ‘bad’. They are just two sides of the same coin.
Don’t judge against or try to run away from either. Embrace them, in that way will you transform as necessary.

As you have seen already, the shadow comes up when you turn away from an archetype, for example. And it goes when you face it, embrace the archetype.

So be careful, guard against judging the dark or the shadow, for that will only perpetuate it.

Before we proceed, you will need to remember how the world we live in actually comes about, moment by moment. If you have already read the chapters on Quantum Physics and Time in *A Happy Pocket Full of Money*, you can skip this chapter. Otherwise, here is a reproduction of those two chapters here for your convenience...

**The Quantum Nature Of Reality**

The following extracts are taken and adopted from the chapter on Quantum Physics, in the book *A Happy Pocket Full of Money*, which is Book I in the *Happy Pocket* trilogy...

You may be wondering what quantum physics has to do with life. Well, you had better believe that it has everything to do with it! How can you build a house if you do not know what a house is made of and how it is constructed?

Quantum physics begins to explain how everything in your world comes to be. You are in direct manipulation of your entire physical world, but you may not be aware of this fact. And your lack of awareness of this fact, how the physical matter comes about and your role in it, makes your life appear to you as an occurrence that is out of your control. It may appear to you as if you are the victim of circumstances while all along you are the cause of those circumstances, including your experiencing of wealth or lack of it.

Quantum physics is the first step in an amazing awakening that you are about to undergo. Not only will you understand the very construction of all that you see around you, you will also understand exactly how your belief and thinking creates matter, how you reap what you sow, how “even before you ask, it has been given unto you,” and so on. It is science finally catching up with spirituality and common sense, and explaining it! Think about it; when someone tells you that anything is possible if only you believe, aren’t you more likely to believe that when you know how, step-by-step and scientifically, your belief shifts the universe and produces what you believe in?

One of the benefits of understanding the very basics of quantum physics (and the basics is all you need to understand) is that you finally see clearly how powerful concepts such as faith and right thinking work, among other things. This seeing and understanding, this knowing, enables you to have full confidence, eliminate doubt, create your reality consciously, powerfully and beautifully, and in many ways become more powerful.

Quantum physics also shows you how we are all connected, how we are all One Being that perpetuates an illusion of separate individual beings. It also gives you a glimpse into how Spirit and Matter interact and connect, how Mind and Matter do so as well, how creation actually happens, and how we are co-creators with God.
But first, what is quantum physics? Quantum physics is the study of the building blocks of the universe. For example, your body is made up of cells. These cells are in turn made up of molecules, which are made up of atoms, which are in turn made up of subatomic particles such as electrons. This is the world of quantum physics. Everything is made up of “large groups” subatomic particles. Your body, a tree, thoughts, a vehicle, a planet, light, and everything else are “concentrations” of energy. All of them are large collections of pretty much the same types of subatomic particles. The only difference is in the way these particles are grouped together into ever-larger building blocks. Knowing how they work is a key to knowing how to recreate yourself and your world around you.

To speak correctly, a subatomic particle is not really a particle in the way that a grain of sand is a particle. While atomic and larger particles are objects, or things, subatomic particles are not objects as such. They are “probabilities of existence” and at the same time “multiple existences.” They are also wavelike and particle-like at the same time. You will soon see what all this means by the end of this chapter.

Quantum physics asks the question, What are these subatomic particles and how do they act? Well, the subatomic particles are energy packets sometimes called quanta. Everything in this universe is made up of energy, and these energy packets behave in the most amazing way! They are at our command! The reason they would arrange themselves into a luxury boat, for example, is our individual and collective thoughts. Do you now start to see the link between wealth and quantum physics? Up until this point, you may have been designing your world haphazardly and unconsciously. Now you will awaken and do it deliberately and consciously with direction.

Let’s begin our journey into the quantum field...

What is your body made of? Tissues and organs. What are tissues and organs made of? Cells. What are cells made of? Molecules. What are molecules made of? Atoms. What are atoms made of? Subatomic particles. What are subatomic particles made of? Energy? No. They are not made of energy; they are energy. You are one big “chunk” of energy. And so is everything else. Spirit and Mind put together this energy into the physical shape you are used to seeing.

— I Am Loved. I Am Whole. I Am Joy—

Quantum physics tells us that it is the act of observing an object that causes it to be there, where, and how we observe it. Energy is the subatomic particles that in turn make up atoms and finally matter. This energy exists as waves spread out over space and time. Only when you exercise observation do these waves become particles localized as a space-time event, a particle at a particular “time” and “place.” As soon as you withdraw observation, they become a wave again. So as you see, your observation, your attention to something, and your intention literally creates that thing as a space-
time event. This is scientific. In other chapters, we shall see how to focus, concentrate, and guard your attention, intention, and thought to create your reality exactly.

— I Am Loved. I Am Whole. I Am Joy—

No solid object is solid. It is made up of rapidly flashing packets of energy. Billions and trillions of packets of energy. They flash in and flash out of that space where the “object” is. They do not just stay there. So, why does a human body or a car look like a solid continuous object when we now know that it is actually a rapidly flashing field of energy? Think of a TV image. When you watch a movie, you see a person walk across the screen smoothly, yet in reality it is just a film reel with 24 slightly different frames a second so your eyes do not detect the gap between the frames. Even each of those frames is a composition of billions of light photons flashing at the speed of light. That is what your world is—a rapid flash that causes an illusion of being “solid” and “continuous.” Once you understand what your world is really, truly, you start to understand its true behavior and nature. You then change your view of it. And with your changed perception, you change your creation of it. This is the first step to wealth.

— I Am Loved. I Am Whole. I Am Joy—

Every physicist agrees on one thing: subatomic particles, those energy “packets” or quanta, are not particles in a particular point in space and time, like a table or a chair is, but they are a probability that they can exist at various points in space and time. The act of us observing them converts them into a “physical” particle at a particular point in space and time, and once we withdraw that attention, they become a probability again. Imagine that the chair in your living room is one big subatomic particle. This is how it would act: when you are not in the house and not thinking of your chair, it would “vanish” and become a probability that it can “reappear” anywhere in your living room or anywhere else in the universe, actually. When you come back home and you think of sitting on a chair in a particular spot in your living room, and you look for a chair at that spot where you wish to sit, it will magically reappear! This is not some fantasy magical story. Subatomic particles behave just like that!

The amazing thing is that all matter is composed purely of massive amounts of these particles. Therefore, all matter acts exactly like a large group of subatomic particles would. A chair’s “being there” is a result of us all watching it being there and deciding it to be there. It is not a wholly independent existence. No matter is a wholly independent existence—indeed independent of the observer. As some scientists say, if everyone and everything in the universe stopped looking at the moon or thinking about it, it would not be a physical moon any more; it would be a probability of existence. The act of observation makes the probability become a definite thing and all other probabilities of it being elsewhere in the same world a null existence. Continuous attention keeps it that way, producing the illusion of a solid continuous existence of a physical moon.

— I Am Loved. I Am Whole. I Am Joy—
Physicists have also discovered that quantum “particles” make decisions. They are powered by intelligence. Not only that, they also know, instantly, what decisions are being made by other particles anywhere else in the universe! This synchronicity across space and time is instantaneous—they “communicate” without taking any time or crossing any space. In fact, they also move instantaneously without having to go across space or take time. They can get from point A to B without having to cross the space in between, and point A and B can be in different times. Remember that quantum “particles” are not particles, as you would normally think of a particle. They are not “things” that are at a particular “place” and “time”—they are spread across space and time.

So what is the intelligence that powers them? Well, it is from the Mind of the Source, God—all that is, proportionately made up your own “individual” mind and the “individual minds” of the rest of the universe, depending on the subject matter, scope, and strength of will.

Think about all this carefully. Think about the fact that everything your eye can see is made up of these amazing particles, which are under your co-control. Think about the scientific facts that now prove that you are at cause, or co-cause, for everything around you that nothing you observe can exist without your observation. All you need to do is choose what you wish to observe, choose it with certainty and consistency, and this will cause the energy field to materialize into that thing over “time,” depending on your clarity, focus, and certainty. Scientists have discovered that even in the strictest double-blind experiments, their expectations still influence results, and it is impossible to carry out an experiment where there is zero influence from the observer on the results of the experiment.

— I Am Loved. I Am Whole. I Am Joy—

Quantum packets or particles are best defined as probabilities of existence. For example, say you have a quantum packet called Mr. X. Before you ask to speak to Mr. X, he will not exist as a person. He will exist as a potential person. Mr. X will be all over the world at the same time with varying potentials to appear in person in Moscow, New York, Kabul, Tokyo, Sydney, Cape Town, or any other town in the world. Now, when you call his name, he will appear where you called him, and at that point the probability of him appearing in any other city will become zero. Then when you finish your conversation with him, he will vanish again and stop being a localized person, become spread out like a wave, and the probability of appearing anywhere in the world again takes place. That is how a quantum packet called Mr. X would behave. Keep in mind that everything in this universe is made up of quantum packets.

— I Am Loved. I Am Whole. I Am Joy—

Another property of quanta is that they are multidimensional. So in the example of Mr. X above, when Mr. X is a probability, he is multidimensional. When he localizes when we call him, he becomes a thing in our four-dimensional world (our world as we know it is
actually four-dimensional, with length, width, height, and time being the dimensions). This is scientific. You now see, scientifically, that our universe is multidimensional, although our senses are capable of only detecting length, width, height, and time as the only dimensions. Yet our souls are also multidimensional. Listen to your soul, your feelings - your EXCITEMENT!

— I Am Loved. I Am Whole. I Am Joy—

The physical world is literally made up of ideas and energy.

— I Am Loved. I Am Whole. I Am Joy—

If you ever feel powerless, consider this: Einstein and other quantum scientists have proven that all physical matter is made up of energy packets that are not bound by space and time. This energy field has no well-defined boundaries. The universe is literally your extended timeless and unbound body. Science has also proven that the mind has no boundaries. All minds are “connected” into one mind field. You are bigger and more powerful than you think you are. So stop sweating the small stuff.

— I Am Loved. I Am Whole. I Am Joy—

You already have it all. It has been said that before you ask, it was already given to you. Science is beginning to prove, through quantum physics, that this is scientifically true. The infinite intelligence and potentiality at the quantum level, the level that makes up all that is around us and our inherent abilities to influence this field, is what gives us the “having it all.” We are beginning to know this on a larger scale, scientifically as well as spiritually.

You already have all the riches beyond your wildest dreams. You have it. You may not be experiencing it right now, but you have it. Having and experiencing are two different things. An easy way to explain it is that you have the ability to fly a plane or surf a wave or go scuba diving, but you may not have experienced this aspect of your ability. There is nothing you need to do to have this ability; it is already in you. It has already been done for you. All you need to do is experience this ability.

In our lives, we really are simply shifting our consciousness to experience aspects of ourselves that we already always had, in a universe that has all that we can possibly wish to have, even that which we have not imagined exists. The quantum field can form an infinite number of shapes and experiences out of it. In fact, it has already done that. The page of this book is just one of those things, the words you are reading are just one of those things, the next thought you will have is just one of those things. Yet you never predicted you would be experiencing these pages. But your desire to find such words has caused them to appear in your hands. Indeed, they have always existed. You need not predict exactly how things will work out; all you need to do is desire, intend, and know it’s possible, and it will be arranged to come to you.
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How The Space-Time Continuum Fits Into Story-Form, Archetypes, Chakras And Power Management

Now that you have a good grasp of what space-time is made of, you are ready to see the bigger picture. You now know that our physical reality is made of energy that has god-like capabilities. And you now know that we are all made of this ‘dust’, this energy. Everything is. And you also know that time is a construct of consciousness, and it doesn’t flow forwards only like our calendar-like human perception would have us think.

So, briefly, this is what you can take away from this going forward:

1. The playing field we live in is dynamic and literally magical, all of it. Things are not as they appear to be to our human senses.
2. Everything has already been created in the Here Now; it is now just a matter of choosing to experience it. All possible options and outcomes are at play in the Here Now.
3. There is no order of difficulty on the quantum level. For energy to be a mountain or an ant, a planet or a boat, is not more or less difficult. Yes, those ‘objects’ have different masses, and from our human perspective it is ‘easier’ to ‘build’ a paper toy boat than a real boat, but the energy itself that makes these things up is not experiencing a level of difficulty – only we are perceiving such. There is no level, or order, of difficulty at the energetic level. It is only we, at belief and experience level, that create and experience levels of difficulty, to the extent that we believe and create such levels.
4. Energy follows will/belief, animates life, manifests physical reality.
5. Change happens at the quantum energy level, billions of times a second, totally, completely, effortlessly. We may not perceive it as such, because it is too quick and the increments we will/believe into place via our beliefs are so small, but it is changing that rapidly, and totally. If we were to will and totally believe a change of quantum proportions, it would happen, totally, effortlessly, instantly.
6. You can now begin to see how coincident and synchronicities happen. And you can now see how miracles and instant manifestation can happen. Indeed, they are always happening; we only don’t usually perceive it.
7. The Whole Thing is actually One Being, one ocean of Life Energy, one Consciousness, individuating into seemingly separate parts.

So now, going forward, keep this in mind, and you will see how the rest works, and in the end, you will see how it all fits in.
Your Nine Levels of Consciousness Directly Related To Physical Experience: The Key to Understanding Deliberate Creation and Mastery

Your are truly a multi-dimensional, quantum being. How is that so, exactly? See if you can follow this...

We now know for sure (at least at this stage), that the universe started with an event called The Big Bang. Have a look at this illustration taken from NASA:

From No Thing, came singularity, and then everything! Literally in a nano-fraction of a second. Life literally exploded from No Where and No When.

Bodies within bodies within bodies within bodies were born. Within a universe, was birthed galaxies. Within galaxies, solar systems. Within solar systems, planets. Within plants, people. Within people, cells. Within cells, molecules and microbes. Within those, atoms. Within atoms, sub-atomic particles ... energy! Everything, when examines to it’s tiniest building block, comes down to energy.

But there was not just one universe created. There was and is a continuous creation of multiverses...

48
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Many universes expanding and contracting, pulsating into and out of reality, like breath...

All universes expand over billions of our years, and then contract and disappear again. Like breath.

In and out, life and death, expansion and contraction, beginning and end, is in everything, at all levels, from the universes down to the electrons.

From No Thing, to something, back to No Thing.

But here is the crucial point to keep in mind...

Physicality happens **within** consciousness, not outside of it...

Consciousness (aliveness) is the organizing and directing principle that creates physicality.

Organizing: it provides direction to energy to take a particular form.

Directing: it provides operative direction to that form.

Consciousness, aliveness, is not just simple wakefulness. It is much, much more than that. It is the creator, the creation and the act of creating, all in one. It creates, encompasses, animates and experiences physicality.

**This means that the Physical Big Bang must lie within a Consciousness Big Bang.**

Remember:
1. Physicality happens within and because of consciousness
2. The physical Big Bang is composed of bodies within bodies within bodies...

Thus, we can say and see the same on a Consciousness level.

From the One Consciousness came the Many Consciousnesses. Not separation, but individuations of the One.

All That Is (Creator, Source) individuated into myriad consciousnesses within it, which further individuated into consciousnesses within them, which further individuated into consciousnesses within them, in possibly infinite levels of consciousness...

Physical bodies within bodies within bodies are encompassed by consciousnesses within consciousnesses within consciousnesses.

A simple illustration of that would look like this:

```
All That Is

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

Oversoul  Oversoul  Oversoul

All That Is contains possibly infinite Oversouls. Oversouls in turn contain Oversouls... to a number of levels down that we cannot at this point know or comprehend. But, we get
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to the Oversoul that is directly above your life, and from here, the image becomes clearer.

The Oversoul directly above your life is itself a part of a greater Oversoul. Your Oversoul contains within it your Soul. And many other Souls. Possibly thousands of other Souls. Just like the way you experience your body as one body, even though your body is made up of 100 trillion independent cells all working together to form your body, your Oversoul also has many, many souls it experiences as one ‘body’.

And your Soul, in turn, has levels below it.

And now we come to the point of this chapter. The 9 levels of consciousness directly responsible for your physical experience...

Just have a look at the diagram above for a moment and get familiar with it. When you are ready, let’s continue...

OK, ready?

We will now look at each level and then finally make sense of the whole.
Before we start, let’s just get over and done with the question on everyone’s mind... where did the Original come from? The answer:

- It is an incomprehensible mystery
- It is First Cause
- It is Eternal

Let’s just leave it at that. Now, let’s deal with what we can understand and what directly concerns us...

**Oversoul**

Non-Physical Energy. Multiple Soul/Spirit Perspective.

- The Oversoul simultaneously encompasses all 'your' lives and those of the other souls under it (remember, there is only Here, Now, time is a mental construct, a perspective, not a reality)
- It is an energy that is completely non-physical, again, with total experience of all those lives as Here Now (no space or time)
- Typically carries thousands upon thousands of incarnations in all dimensions, just like your body carries trillions of cells each with their own lives
- Is itself bellow an Oversoul of an Oversoul of an Oversoul... all the way to The Source, The All That Is

**Individual Soul/Spirit**


- Sent out to experience a particular life experience
- An energy that is completely non-physical, with total experience of that life simultaneously in the Here Now (no space or time – no here and there, no past and future)
- SOUL: is formless, has consciousness but no identity, a unique individuation without having lived a life. Think of it as fresh clay.
- SPIRIT: Has lived life, has the imprints/information of a life lived, experience of change and transformation. Allows the Oversoul to know itself experientially, expand and grow. Akin to a unique piece of pottery.
- But Soul does not become Spirit at the end of your life; instead it happens billions of times a second! The birth and death of every moment, every experience. Birth and death and birth and death billions of times a second. Like breath.

**Higher Mind**

- Is the parallel non-physical reality to your physical life
- Experiences your whole time span in this lifetime all at once, has the perspective of your past, present and future all at once
- An energy that is mostly non-physical. Requires very 'little' space, and no time. It has a 'space' footprint because it literally creates the physical reality in a mirror-like way. As above, so below. On earth as it is in heaven. The star-mirror, as it is sometimes called
- Conceives and creates your physical reality experience
- NOTE: It is important for your physical mind to form a good working relationship with your higher mind so the higher mind can guide the physical mind and the physical mind can hear that guidance, since the higher mind sees all your time span and possibilities all at once and is in charge of creating your reality
- Higher mind communicates to physical mind using excitement, and the physical mind communicates to the higher mind using imagination

**Template Reality**

**Quasi-Physical Energy. The Blueprint Of The Physical Reality Level.**

- Destiny level. Templates and themes. Gives guidelines on our collective physical reality. Free will allows you to choose how you will interact within the templates. E.g. although it is possible from a quantum physics perspective that you can fly like a bird, it is not normally probable that you will fly like a bird, because of this template level.
- An energy that is mostly non-physical. Requires very 'little' space, and no time.
- IMAGINATION is what enables re-writes/changes of the template level! So use your imagination!!!! It will get stronger and stronger. REMEMBER, it is not the pictures in the imagination itself that matter, it is the energy or feeling of the imagination, so don't insist on the particular picture you imagine, but let higher mind bring the best alternate that fits that energy.
- IMAGINATION is how you communicate with your higher self.

**Collective Automatic Mind**

**Physical Energy. Collective Agreements On The ‘Operative Rules’ Of Physicality.**

- An energy that has become physical, although not as solid as matter. Takes space and time.
- Things such as gravity and how we work within it are set here.
- By making it part of the automatic collective mind, we individually don't have to consciously think about it every time, for that would make life very difficult. It is thus built into nature as part of a collective automatic mind, decisions made behind the scenes according to the 'rules of operation'.

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Individual Automatic Mind

- An energy that has become physical, although not as solid as matter. Takes space and time.
- Sets the specific themes you will play, unique to you. Thus, it is another destiny level. Your free will operate within destiny. For example, your theme may be to explore new spiritual concepts, or to transform a certain type of negativity, or to be in agriculture or business or health areas... this is where your talent and in-born gifts are.
- Also contains, to an extent, patterns, archetypes and habits of your life.
- Your individual life themes are typically the issues that cause you excitement (your passions, gifts, strengths, interests) but also reveal negative beliefs (fears, resistance) while you are following that excitement! It all about transforming, transforming the shadow into the light, e.g. if you really like XYZ but you are afraid or doubtful or stuck, that is your theme. You have to overcome your fear/doubt to truly live your XYZ.

Physical Mind - Unconscious
Physical Matter. Beliefs.

- Physical matter. Takes space and time.
- Beliefs level. Technically speaking, a belief is a thought that you think about repeatedly, but below your conscious awareness. It has formed a thought-structure, a thought-pattern. However, beliefs come from the template level, and they are HIGHER in vibration than the thoughts you think about consciously every day, and in order to see your beliefs, you need to RAISE your vibration, never lower it; not deeper down, but higher up in frequency. It’s pure, basic science. How do you raise your vibration frequency? By feeling better. Enlightening. Use tools at your disposal such as gratitude, letting go, appreciation, excitement, joy, love... all these raise your vibration. Negativity is the opposite; it goes down, causes lack of awareness, further density.
- Making a belief conscious can release you from it

Physical Mind - Subconscious
Physical Matter. Emotions.

- Physical matter. Takes space and time.
- This is the emotional level.
- Most of us are not very consciously aware of our feelings, our emotions. Hence, we can say they are sub-conscious, just below our awareness. BUT this does NOT mean they are of a lower frequency!
Physical Mind - Conscious
Physical Matter: Thoughts.

- Physical matter. Takes space and time.
- Our conscious thoughts.
- This is actually the LOWEST level, and it is NOT in charge! Not in the sense most people think it is. It is simply a perception tool, it simply perceives, experiences.
- This level of thought doesn’t directly create. It cannot. You can only use it to experience and choose within physical reality. However, to change physical reality, you use it for IMAGINATION and choice!
- Your higher self communicates with you using excitement. When something excites you, follow it without expectation of a particular outcome. Trust your excitement.
- Follow your EXCITEMENT! Always follow your excitement, even when it seems unconnected to anything else. EXCITEMENT IS YOUR VEHICLE that SHOWS YOU WHERE THE HIGHER SELF IS LEADING YOU. Excitement, passion, joy, gratitude, creativity, love, passion - all those UP vibrations. Excitement is how you listen to your higher self; it is YOUR personal frequency.
- And to get answers to your questions or to request a new experience, ask using IMAGINATION.
- And remember, EVERYTHING else is UP! The higher mind, beliefs, answers, etc. UP IN VIBRATION! Make your vibration go UP!

Why is the idea of vibration so important to grasp?
Very important: Go up in vibration frequency to discover your beliefs, etc. The down vibration was created to crystallize physicality, and simulate forgetfulness and separation, for sake of physical experience. Always go up to change things or get answers. How? Excitement, gratitude, imagination, letting go, open mindedness, acceptance, love...

Now... Do you play chess? The game. Well, even if you don’t play chess, you have likely seen it.

Let us now look at the 9 levels from the perspective of a game being played.

The game of life.

Have a look at this...
As you can see above, the Individual Soul decided to have an incarnation, as a chess piece. Perhaps it was a queen, a pawn, a king, a knight... a chess piece. It then needed to experience life through a game that it called chess. So it drops down the vibration and creates a higher mind which will conceive of the game and run it. This higher mind drops down a level and creates a template for this game. It also creates the rules of the game, and the rules of each chess piece (the powers and moves of the knight, pawn, king, queen, etc). Finally, it manifests that into physicality as the game of chess.

In the physical level, each player further interacts with a set of personal beliefs, emotions and thoughts. Therefore, one player, who may be a king, will make very different decisions from another player who is also a king, because of the differences in beliefs, emotions and thoughts. So here you have many levels of experience. At the very top is the experience of being an individual. Then, the experience of using that individual to play a game. But that would be boring if all individuals were exactly the same. So in the game, the levels of belief, emotions, and thoughts are thrown in to introduce infinite variations and colorations of experience. Fears, ambitions, perspectives, philosophies... and even levels of awareness or the lack of it! The ultimate player is the one who can be in this world but not of it, experiencing the game but not being fooled by it. This is the game being played, the game of life!

Now, let us look at another idea...
As above, so below. On earth as it is in heaven. The star mirror. literally.

In other words, your physical life experience is determined by your non-physical life experience.
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All Of Life Is A Story... A Particular and Symbolic Kind of Story. And You Are A Unique, Important Part Of It...

Yes.

Think about it. Really, think about it. That is all we live, all we do, all we tell, all we experience. And not just us, but our pets, our families, communities, nations, animals, rocks, plans, planet, solar system, atoms, energy, the universe...

A story. Within a story. Within a story...

Seems obvious, but if you go deeper, you will realize that there is something particular about this story...

This Story Has A Particular, Mythical, Universal, Age-Old Structure That Is Part Of Our Collective Consciousness...

Think of the best movies you have ever seen, the ones that made a real impact on you, the ones that shifted something inside you, the ones that burned into your consciousness, became unforgettable, and were easy to describe and narrate to your friends.

Which movies were those? For me, they include films such as The Matrix, Gladiator, Ben Hur, Rambo, Rocky, Terminator, Best Exotic Marigold Hotel, Titanic, Indiana Jones, Meet Joe Black, Sound of Music, James Bond movies, Marvel comic movies, and many more.

What about stories or even cartoons? Cinderella, Snow White, Finding Nemo, Shark Tale, Shrek, Lion King, Tom & Jerry cartoons...

And finally, what about religious stories? Buddha, Moses, Jesus, Mohammed...

Lets get a bit more real. What about recent popular life stories, such as Nelson Mandela, Mother Teresa, Princess Diana, Gandhi, Steve Jobs, Donal Trump, Oprah Winfrey, Tiger Woods, Lewis Hamilton...

Or stories of a country, such as South Africa from apartheid, USSR to becoming Russia, the rise and fall of the British Empire, the founding of the USA, the return of China, and even your own country or community?

Can you detect anything common with all those stories that makes you react to them, remember them, identify with them in some way?

A hint: it has to do with the rhythm or pattern that the story takes.
In our world, and this may be different in other worlds, the story looks something like this:

This graph can represent a person’s whole life. Or an event in the day, week, month or year of a person. Or a corporation, a country, a butterfly, a mosquito, a lion, a share in a company... Or an issue, an event, a cause, an illness, a party... Or a world, a universe...

But that is an over simplification, we need to zoom in...

To be precise, in our realm, and again this may be somewhat different in other realms, the details of that wave look something like this:
That is what causes the ups and downs you saw in the previous graph! And it is necessary and indeed useful.

But why is this so? And why is it necessary? What is the point? We will get to the answer to that progressively throughout this book.

What you need to know now is that:

The above story format is a universal archetype, a pattern or template, one that is as ancient as the hills, deeply ingrained in Life’s collective psyche.
Life follows this format, to a great deal. We naturally, instinctively, unconsciously get it and are attracted to it.

Life stories lie within greater life stories, which lie within greater stories, ad infinitum. The energy in the atom in the molecule in the cell in the tissue in the organ in the woman in the planet in the universe in the gods...

This does not mean your life is fixedly pre-destined, but it must be played out within story form, for reasons we shall soon see.

If you learn to apply this, using the tools and techniques in this book, you will make sense of your life, and you will drastically reduce your suffering and dramatically increase your peace of mind and creation and manifestation success.

This is the larger framework within which you should aim at applying your prayer, goal setting, to-do lists, law of attraction, manifesting, creative visualization and lifestyle design.

**IMPORTANT:** Remember, this story structure applies to not just your life as a whole, but even to individual situations, issues, challenges, opportunities, and so on. In and of themselves, they are complete archetypal stories.

But let’s not get ahead of ourselves. Before we proceed to the practices, let us get a good understanding of the components of story form...
The Steps And Components Of Your Hero’s Journey... The Invisible Framework
Upon Which Your Life Is Guided...

“A human being is a part of the whole, called by us ‘Universe,’ a part limited in time and space. He experiences himself, his thoughts, and feelings as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.” - Albert Einstein

Why is it called the Hero’s Journey, by the way? Who called it that?

After all, it pre-dates human existence.

It is actually called the monomyth. And yes, it pre-dates human existence. But Joseph John Campbell (March 26, 1904 – October 30, 1987), an American mythologies and lecturer, simplified it for all of us and labeled it the hero’s journey, and that term stuck since then. You can call it whatever you like. But that is the journey you are on, in your own way, on many levels.

Campbell held that numerous myths from disparate times and regions share fundamental structures and stages, which he summarized in the book The Hero with a Thousand Faces, “A hero ventures forth from the world of common day into a region of supernatural wonder: fabulous forces are there encountered and a decisive victory is won: the hero comes back from this mysterious adventure with the power to bestow boons on his fellow man.”

OK, that’s a mouth full. What does that mean in your life?

Let’s try that again:

“A hero [YOU] ventures forth [CALL TO ACTION TOWARDS YOUR DESIRES, WISHES...] from the world of common day [YOUR NORMAL COMFORT ZONE] into a region of supernatural wonder [SYNCHRONICITY, INSPIRATION, DIVINE GUIDANCE, MENTORS]: fabulous forces are there encountered [CHALLENGES, APPARENT LIMITATIONS] and a decisive victory is won [REVELATION, DEATH AND REBIRTH OR TRANSFORMATION OF YOUR PERSPECTIVE AND CONSCIOUSNESS]: the hero comes back from this mysterious adventure [AFTER INNER GROWTH, AT-ONE-MENT OR INTEGRATION OF PREVIOUSLY SPLIT PARTS OF YOUR PSYCHE] with the power to bestow boons (a thing that is helpful or beneficial) [KNOWLEDGE, INFORMATION THAT ADVANCES THE HUMAN OR LARGER COLLECTIVE CONSCIOUSNESS, CAUSES EVOLUTION AND GROWTH AT LARGE] on his fellow man.”
That can be anything as seemingly large scale as what Buddha, Jesus or Mohammed did or as seemingly small scale as a personal victory over a fear you had all your life until last year when you overcame it.

The hero’s journey, or monomyth, appears in life, careers, relationships, drama, storytelling, myth, religious ritual, spiritual development, growth, psychological development, sports, war, love, etc.

The important thing to realize here is this...

There is really only one story! That is why it is called the monostory or monomyth! Every story you have ever experienced in your life or heard of is essentially an alternate set of situations superimposed, with individual and unique styling, over the same story structure!

And in that story structure, without exception, every story involves transformation! You have the beginning state, then a psychological-emotional journey that has an arc, or major change, which causes or is the transformation, then an end state.

Additionally, the characters or mind-states in that story are not random; they themselves are also archetypes, ancient universal patterns.

We will get to archetypal characters or mind-states later in this book, but to give you an example, they include the Orphan Child, Victim, Saboteur, Prostitute, Father, Mother, Queen, King, God, Warrior, etc. There are dozens upon dozens of archetypes, about 70 to 90 of which are very common and very ancient.

Now...

Transformation is the entire point of physical existence.

The transformation itself is a power management problem rectified via the journey.

Think about that last sentence. Remember your last victory over a fear or challenge, or even the movies we have been talking about, and you will see it true. Later, we will look at power in great detail.

But are you starting to see the larger picture here? Exciting, isn’t it?

As the hero goes through the journey, the story structure, he or she is made to detach from the Ordinary World and Ordinary Self and attach to the New World and New Self, and from there detach again from the New World and New Self and become the Mature Self.

Good, now let’s look at the stages of the monomyth, the monostory, the hero’s journey. Not all stories go through each and every stage. Some go through all of them, some
through some of them, but the above rules are always upheld. But it is important to know what all the stages are, because you will be using these at will, to design your life as you need to. But first...

IMPORTANT TIP: Although it is the challenge, resistance or limitation that must exist and then be overcome to enable transformation, and that is a rule of the story structure of life, it is not necessary that this challenge, resistance or limitation be negative or cause suffering! You can design or choose positive challenges, resistances or limitations! Suffering is not a must!

One of the benefits of living consciously is that you can:

Recognize that every story must have challenge, resistance or apparent limitations
Deliberately insert or attract positive challenge, resistance or apparent limitations instead of a negative one.
You can accept challenges and let go, knowing it is all part of the process, and thus leave with inner peace and power.

*TIP:* The idea that you can completely eliminate challenges, resistance and limitations in life is popular with many New Age followers today. That is a mistaken idea. For as long as you choose to have a physical life, it is not possible to live a life free of challenge, resistance and limitations. For that is the point of physical reality and incarnation! You came to physical reality specifically to experience and master the transformation of apparent challenges, resistances and limitations. This is a world of relativity, with duality, hence opposites, hence challenges, resistances and limitations.

But you can choose positive challenges, resistances and limitations.

We will get to all that later.

First, let’s learn what the stages of the hero’s journey are.

To give you a different perspective on the monomyth, here is another simplified diagram, this time linear, to help us along...
Or look at it this way...

THE HERO’S JOURNEY

1. Ordinary World
2. Call to Adventure
3. Refusal of the Call
4. Meeting the Mentor
5. Crossing the Threshold
6. Tests, Allies, Enemies
7. Approach
8. Ordeal, Death & Rebirth
9. Reward, Seizing the Sword
10. The Road Back
11. Resurrection
12. Return with Elixir

Source: Christopher Vogler
Or, psychologically, look at the inner journey this way...

**THE HERO’S INNER JOURNEY**

1. Limited awareness of problem
2. Increased awareness of need for change
3. Fear; Resistance to Change
4. Overcoming Fear
5. Committing to change
6. Experimenting with new conditions
7. Preparing for major change
8. Big change with feeling of life and death
9. Accepting consequences of new life
10. New challenge and Rededication
11. Final attempt(s) Last-minute dangers
12. Mastery

Source: Christopher Vogler

*(TIP: Always try to see things from a variety of perspectives simultaneously if you wish to quickly overcome any challenge.)*

Remember, the journey may be a physical one, spiritual one, mental one, and/or emotional one. Often a combination.

Also, *not every journey passes through every stage!* For example, you don’t always have to meet a mentor on each hero’s journey.
Some journeys are deep and meaningful, some are light and easy. Some are quick, short. Others can last a lifetime... or more.

And this is how that cookie crumbles...

1. The Ordinary World

The comfort zone, where you are used to being at the moment. Current everyday life. You may or may not like it, but you are ‘comfortable’ there.

2. Call To Adventure

Something stirs, shakes, threatens, entices or sparks in the ordinary world. Your comfort is disrupted. It could be a problem or an opportunity. It could be dramatic or something as small as a phone call or advert you saw. It could be negative or positive. It could be internal or external, physical or non-physical.

3. Refusal Of The Call

You may be eager (or pressured) to answer the call, but you feel some kind of resistance. Perhaps fear, especially fear of the unknown. Doubts. Feelings of inadequacy or insecurity. Maybe your current duties and obligations. Or just plain laziness. One way or another, you feel reluctant to leave your comfort zone. And because of that, you suffer somewhat. Over here, you start becoming the reluctant hero.

4. Meeting The Mentor

You come across a person or thing or inspiration, etc, that gives you something you need, perhaps an object, advice, confidence, training, etc. Getting this will dispel much of the fears, doubts and resistances you had in the previous stage, and give you the strength and courage to proceed despite any fears, etc, that you may still harbor.

5. Crossing The Threshold

This is where the quest truly begins. You either voluntarily start, or you are pushed along. But at this point, you leave the familiar world and enter the unfamiliar. The unknown. You have no idea what is in store for you, but off you go!

6. Tests, Allies, Enemies

You are out of your comfort zone. To make it worse, you are presented with increasingly difficult challenges and hurdles. They test you in a whole bunch of ways. You must overcome each. Often, these tests will occur in threes, and you may fail one or more of these tests, which is quite normal. Also, you will find different characters that play the role of allies and those that play the role of enemies or villains. You can also earn and develop allies and eliminate enemies as you progress. The allies will help you prepare
for the next challenge, and the enemies will toss challenges at you. Of course, at a
higher level, this is all a game, and we are All One, but at this low level, in the intensity
of your experience, it feels real! As you overcome each challenge, your skills are tested,
your illusions are challenged, and you develop a new insight into your Self and your
authentic Power.

7. Approach To The Innermost Cave

This represents either an actual location that has danger in it, or an inner conflict you
have not yet faced until now. As you approach, your fears and doubts resurface, and
you must prepare to jump in. You do so by gathering all your skills, insights, powers, etc
that you have so far collected on this journey. You will need them. Also, in this step, you
may face those temptations, often of a physical or pleasurable nature, that may lead
you to abandon or stray from your quest. Woman is a metaphor for the physical or
material temptations of life, since the hero-knight was often tempted by lust from his
spiritual journey.

8. The Ordeal

A dangerous physical test or deep inner crisis you must face to survive. This is where
you use the strengths you gathered in the last step. But only through some form of
‘death’ can you, as the Hero, be re-born, experiencing a form of metaphysical
resurrection that somehow gives you greater power and insights necessary to reach
your journey's end and fulfill your destiny. Everything you hold dear is put on the line to
get through this (of course, in context with the story). If you ‘fail’, life as you know will
never be the same (again, in context with this particular story). In this step you must
confront and be initiated by whatever holds the ultimate power in your life, again, in
context with that particular story in your life. This is the center point of your journey. All
the previous steps have been moving in to this place, all that follow will move out from it.
Although this step is most frequently symbolized by an encounter with a male entity,
typically the father figure, it does not have to be a male; just someone or something with
incredible power.

This is the step after which atonement, or at-one-ment, happens. In that, you finally
abandon the self-generated split whereby you had initially, at the start, set up a
‘monster’ that you feared. You abandon that egocentric set up, merge with that which
you feared, and in doing so, you realize that on the other side of fear lies... yourself! The
split is healed, you integrate, you become whole, at one.

This stage often has a feeling of life and death, to a lesser or greater extent, precisely
because your old self is dying, your old perception and belief is ending, and there is
sometimes a gap when you don’t have a new perception or belief to replace it and you
feel lost, and after a while the new perception and belief comes in and starts to settle.
When your old way of seeing the world is challenged to the point where you no longer
believe it and cannot go back even if you wanted to, you feel like you ‘died’ somehow.
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2. The Practice, The Tools
Key Principle: Work On Your Life, Not Just In Your Life

Ok, so here we are, finally, at the practice and tools section. Where you get to implement the theory in your own life.

IMPORTANT: If you have not read the theory in the first half of this book properly, then these tools are likely to not make much sense to you. So don't be in a rush – complete the theory first.

Before we start, I wanted to give you a few key guidelines.

The main guideline is this:

**Work on your life, not just in your life. Be in this world, but not of it.**

Too many of us live by default. Wake up! Become conscious! Take part! Your Higher Self wants you to be an active player! Grow! Evolve!

In business, those who succeed are usually the ones who work on their business, and not just in their business. What does that mean? Step back and look at it from a higher level. If you don't, you will be consumed and occupied by the moment by moment thrills and spills of every moment, leaving no time to reflect and order things from a higher perspective.

So by working on your life, not just in your life, by being in this world, but not of it, I mean that it might serve you better to step back from the illusion of everyday reality, and see it from a higher level. At first, it is difficult. But with practice, it gets easier and easier.

The tools in this section are designed to get you started on that path of awakening. By using them, you awaken further and further. And the more you put this in practice, the more you rise above the *maya*, the field of myriad illusions, and start being in this world but not of it. You start living deliberately and enjoy! Sure, you will still have challenges, no matter what, but the nature and level and degree of positivity and abundance and peace will exponentially improve.

These tools are also meant to be used together. Each has a purpose but needs the others to be complete.

And finally, customize to suit you. These tools are just a beginning. As you use them, you might find yourself customizing them so that they work better for you. Do what feels best for you as you go along. Start as instructed, but follow your inner guidance over time to mold them to fit you. After all, it has been said, "*don't cut the man to fit the cloth.*"
EgoScript™ – Human Technology Tools

1. Current physical results or experiences...
2. Feelings
3. Desired physical results or experiences...
4. Feelings
5. Thoughts
6. -ve Beliefs, judgement & consequences
7. +ve Beliefs, judgement & consequences
8. Thoughts

(Printable downloads available from aHappyPocket.com)
Whenever you need to achieve a goal of whatever kind, any kind at all, use this tool to re-structure your ego and align it with the achievement of that goal. Remember, the ego is simply a tool that was designed to enable us to focus on and experience physical reality. The ego arises with physicality, they are twin creations, a couple. Ego and physicality. Your ego, in a way, is the non-physical aspect of your physical experience. One and the same thing, in a sense. So to change your physical experience, you change your ego, your beliefs, feelings and thoughts. That is why this tool has two triangles, the upper triangle representing your inner world, and the lower triangle representing your outer world.

This tool also acknowledges that achieving any new thing, any goal, is a journey of transformation. You come from where you are now and, through transformation, go to where you wish to be next, in terms of life experiences. That is why this tool is also divided into two halves, the left side representing your current state, and your right side representing your future state.

So, to use this tool, first, pick a goal you wish to achieve. Then, start at position 1...

1. In the space labeled 1, write down your current physical results and experiences.
2. Next, in the space labeled 2, write down the feelings you have about this current experience.
3. Cross over to the right side and write down the desired future results or experiences. Now, this is where you need to get detailed as follows:

First, get crystal clear on what you wish for. If we could see a movie of how your life looks life after this goal has been achieved, what would that movie look like? “My mind movie of this belief looks like this:-

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

It has the following cinematic representations:

**Auditory:**
Sounds____________________ Tone __________________________
Location___________________ Volume _________________________
Distance___________________ Quality ________________________
Number____________________ Clarity _________________________
Kinds____________________ Pitch __________________________
Whose Voices________________ Melody ______________________

**Visual:**
Images____________________ Size __________________________
Horizontal/Vertical Perspective________________ Distance __________
Location___________________ Number _____________________
Form_____________________ Shape _______________________

75

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4. Now that you have a clear idea of the end result, how do you imagine that will make you feel at that time? How will you feel when your goal is achieved? Get clear on that as well, and write it down in space 4.

5. Next, come back to your present reality and write down in space 5 what your current conscious thoughts are about your present situation. What do you keep thinking and telling yourself? What is your current self-talk?

6. Now, consider your current thoughts and feelings about your current reality and ask yourself, “What are my beliefs about myself and my life that are giving rise to these feelings, thoughts and reality?”

7. Cross over to the future and ask yourself, “What beliefs will I need to have in order to manifest my new reality?” You can know this quite easily by looking at what you wrote in spaces 3 and 4.

8. Finally, write down what thoughts you will need to have, what is your new self-talk?

Once you have filled in this chart, you now know clearly what you need to do, but most importantly, who you need to be! Being your ‘future self’ now is the fastest way to manifest a new reality. It can be instantaneous if you have practiced this art. As with everything, you will get better and better with practice.
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The ‘Happy Pocket’ Trilogy

The Happy Pocket Trilogy is composed of the following three books:

1. A Happy Pocket Full of Money – this is about how life works, the big picture, and the overall abundance of Life. Although the title suggests it is about money, that is just a tool we use to explore how life works; the book is so much more than money. It is about creation!

2. A Happy Pocket Full of Life – this book is about how your life works, the nature of personal reality.

3. A Happy Pocket Full of Fearless Self-Love – this book is about loving and accepting yourself fully, for without that, nothing else truly moves to the ultimate potential.

Personal and Group Coaching

Personal and group life coaching is available. Here, the author, David Cameron Gikandi, offers personalized support and guidance, via direct contact, in your own growth.

In-depth training is also available into these subjects and more.

For more details, see http://aHappyPocket.com.