





There is much more than meets the eyes when it comes to our potential as human beings, which is far greater than what we believe.

Our perceptions are derived from our limited senses, which determine patterns of thinking and behavior, which in turn, are often the dams stopping the flow of creativity.

FLY is a call to change those patterns, in order to evoke new routes within the brain, to create real change in each human life in order to fulfill one's true purpose.

FLY is not a painting method even though it includes canvas and paint — it is a call for self awakening, applying a process of self expression that allows the weaving together of emotions, mind, instincts, thoughts and the nervous system in a magical journey towards creativity and joy.

My personal journey led me to places I had never before imagined and meeting people all over the globe who have become my family. I share with you insights, research and experiences with the human beings I encountered — each one with an open heart and curiosity.

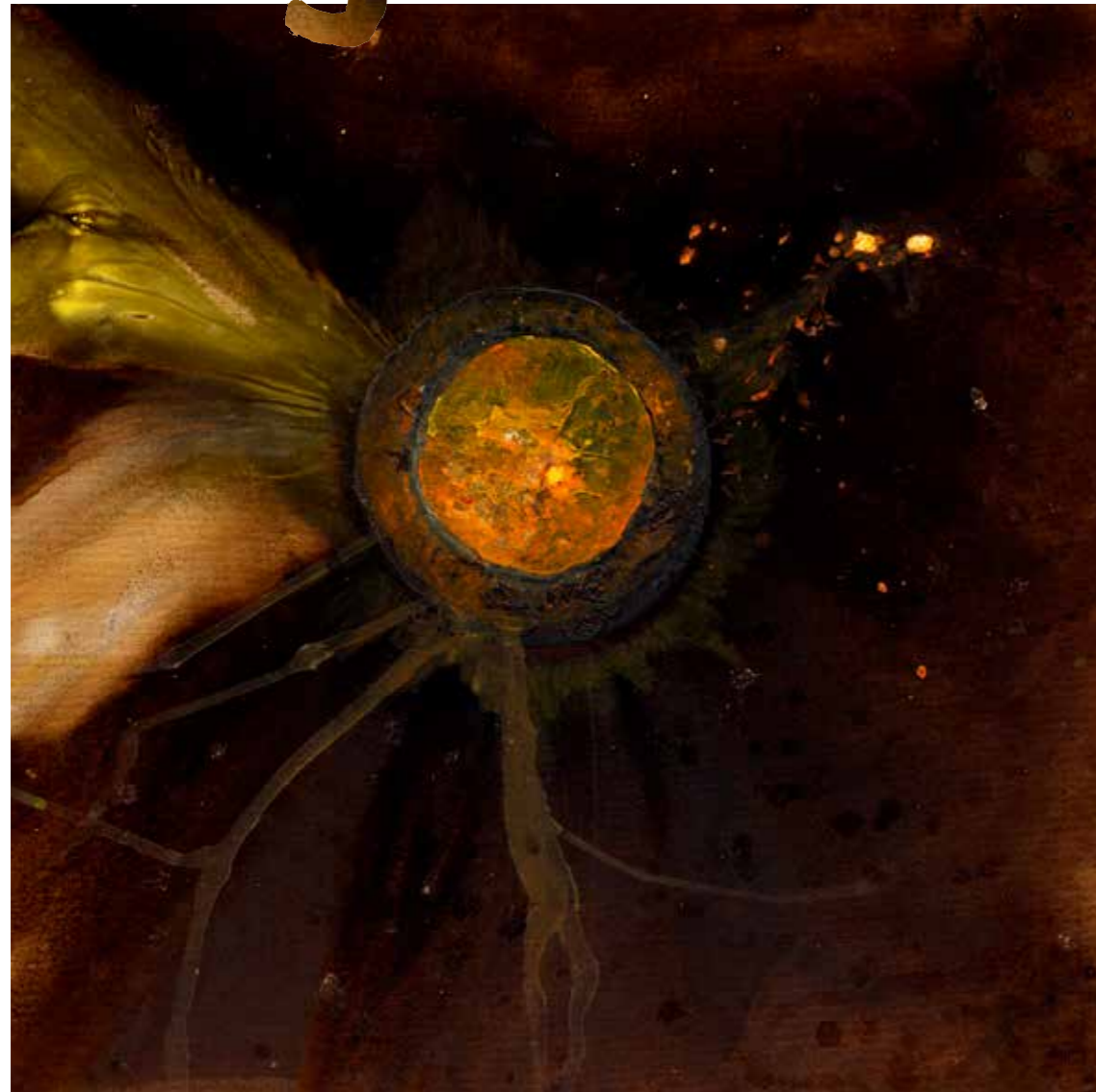
*Have magic in your life*  
*Teda Barr*

# PREFACE



I AM BUT A TRANSITORY VISITOR HERE

# MY JOURNEY



What I have is not mine, and what I do must have meaning. Since our planet is part of the Solar System and the Milky Way Galaxy, I have wider circles of belonging, as I am part of a bigger family, society, and community of human beings, regardless of their religions.

My entire life is an everlasting quest to decipher the enigma of my existence and to share my insights with other human beings. I believe in a collective effort to change humanity for the better by evoking a global call for positive actions that are derived from that which unites us as human beings, rather than focusing on what divides us.

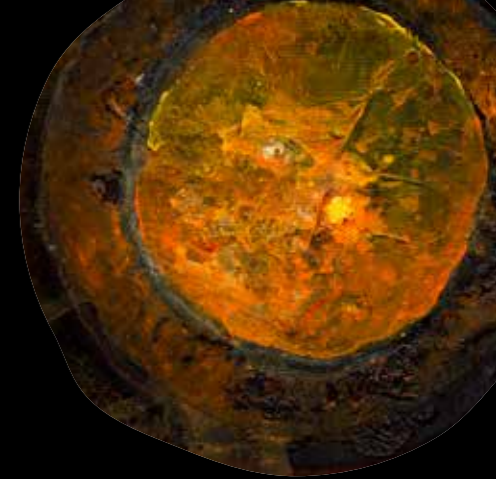
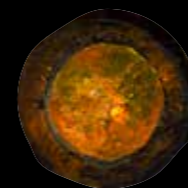
I am but a transitory visitor here, but I believe in leaving a mark by teaching, writing and joining with other

human beings who wish to see a better world, as I do.

Religion has nothing to do with temples, synagogues or mosques. Rather it is the inner quest for the spirit to be revealed, and for each individual to aspire and find out what the true meaning of being human is, in a self-expression awakening process.

My journey takes many detours, not because I abandon the main spiritual quest of my life, but rather because I search every path upon which I find myself with more partners who might share the same journey and wish to join this magical expedition.

*Have magic in your life,  
Ted Barr*



# EVERY CHOICE OR DECISION IN OUR LIVES HAS ITS OWN PRICE

## The seven basic questions in human life

What drives people 'to do'? To live? To make choices in their life?

In most of my encounters, I meet struggle and confusion, automatic reactions based on habits. When I meet clarity and truth in the person in front of me, I mark him or her as an exception. These kinds of experiences led me to think about the seven basic questions each human being should ruminare and contemplate about. These questions come from ancient religions such as the Ho'oponopono which is an ancient Hawaiian practice, Sufism and Rudolf Steiner's teachings. They summarize my life quest.

The seven questions are:

### **1 WHO AM I?**

What are the characteristics of my personality, what are my virtues, weaknesses and passion? Knowing the physical body's Aura and the mind-body correlations.

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

This speaks about truth and essence and how it can be genuinely manifested. What is the life force that drives me and what do activities, thoughts and actions feel like at home.

### **3 AM I ON THE RIGHT PATH?**

Life has many options, highways and narrow roads, choices and coincidences which play a major role in each human life. The right path is felt by the instincts and is radiated by the electrical body and mind printing in the Aura.

### **4 WHAT STOPS ME?**

From being on the chosen or preferred path.

### **5 WHAT WOULD SUPPORT ME?**

To fulfill my destiny.

### **6 WHAT IS THE PRICE?**

Every choice or decision in our lives has its own price.

### **7 AM I WILLING TO PAY THIS PRICE?**

If the answer to this last question is 'no' then a new or fresh start is needed.

Every human being wants to be appreciated, fulfilled, loved, and free. Very few are. Freedom is not the state of your bank account but a state of your mind.

I hope for those that will have time to ponder about these questions will be able to generate the right alignment in their bodies and minds to better fulfill their life journey.

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