

# UNLOCKING YOUR TRUE POTENTIAL: FOUR STEPS TO LIVING AN AWAKENED LIFE



TIME OF THE SIXTH SUN MOVIE &  
8-EPIISODE DOCUMENTARY SERIES



*A Cree Indian prophecy states:*

*When the Earth had been ravaged and the animals are dying, a tribe of people from all races, creeds and colours will put their faith in deeds, not words to make the land green again.*

*They will be called Warriors of the Rainbow, Protectors of the Environment. Our ancestors understood our symbiotic relationship to nature and the elements and foresaw the collapse of an unsustainable world.*

This prophecy is a call to action for people all over the world to come together and take responsibility for the well-being of our planet. It is a reminder that we all have a role to play in protecting and preserving the environment, and that together, as awakened beings, we can make a positive impact on the world.

*"It's Time to Remember Who You Are, Why You Are Here and Why You Have Chosen to be on Earth at this Time of the Greatest Change EVER"*

*— Tobias, Time of the Sixth Sun Movie*

*Here's an overview of what we're looking forward to sharing with you...*

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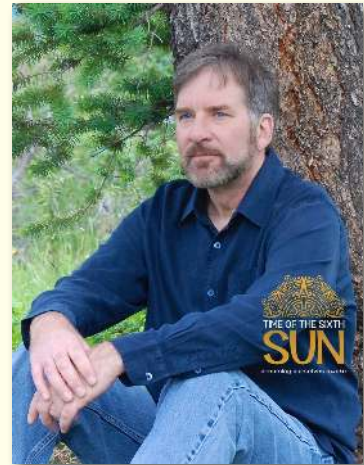
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*“Now the ones who have been the elders, the ones who have kept the history of consciousness for humanity, they ring the bells, they beat the drums. They sing the chants, they sound the horns.*



*They align themselves with the crystalline and the electromagnetic and the light energies of earth itself. They align themselves with the frequencies and the potentials of all of the angelic realms sounding the call. The time is now here on earth.*

*The call to awaken goes deep within every strand of your DNA. Every part of you lights up with the awakening. Every part of you begins the dance of renewal and rejuvenation.*

*The ancient ones say that we have held the energy for as long as we can. It is now up to you, the ones who are awakening, the ones who will help to create the new earth. The ones who will expand their consciousness and serve as the standards for all the ones who will come after them. It is time to awaken.”*

**Geoffrey Hoppe channels Tobias, Time of the Sixth Sun Movie**



## Introduction

Are you ready to unlock some key tools to personal growth and living a more awakened life? Look no further than Time of the Sixth Sun's guide on helping you to unlock your true potential and to live a life with less mind chatter and more proactive action.

We invite you to explore the key concepts of gratitude, forgiveness, embracing your shadow side, manifesting the future, positive thinking and *Dreaming Ourselves Awake*. Each of these topics plays a crucial role in personal growth, and in this guide, we will uncover the meaning, benefits, and practical tips for each.

Whether you're seeking to deepen your understanding of self, improve relationships, find solace in your thoughts and beliefs, reduce stress, or increase overall happiness, there's something in here for you.

Join us on a journey towards personal growth and awakening, and discover the power of unlocking your full potential. The time is now to take the next step towards a fulfilling and enlightened life.

*"Just follow your heart, your prayers. But leave something in return before you leave your prayers.*

*The simple thing is your gratitude. As women "Askwali". As men "Kokwe".*



*Or say it in your own language, in your prayers, but that's how we say it here in Hopi. "Kokwe, Kokwe."*

Ruben Saufkie, Time of the Sixth Sun Movie



## Chapter 1: Gratitude

When it comes to our guests and their insights on the project, there's a common thread of the significance of gratitude. Gratitude plays a vital role in leading a happier and more fulfilling life. As mentioned by several of the contributors in Time of the Sixth Sun, regularly practicing gratitude can have remarkable benefits, such as increased positive emotions, improved relationships, and better physical health.

**But how can we tap into this powerful emotion?**

There are so many benefits of gratitude, including increased positive emotions, improved relationships, better physical health and you get that warm, fuzzy feeling inside that changes your state. Research has shown that individuals who make gratitude a habit are more likely to start their day with a smile, feel happier throughout the day, and ultimately lead a more satisfying life.

It's the act of appreciating something or someone that has made a positive impact on us or our loved ones. Such a powerful emotion can have a lasting effect on our own lives and those around us.



Let's go deeper into the importance of gratitude and how it can benefit us individually and collectively.

A gratitude practice, or remembering to be grateful can improve our well-being and send signals out that we'd like to attract more of what we're grateful for. Studies have shown that a regular gratitude practice can lead to lower levels of depression and anxiety, better sleep as well as a stronger immune system.

We're predominantly surrounded by negativity on TV networks and internet news sites, so having a daily gratitude practice really helps us to focus on the positive aspects of our lives, rather than dwelling on the negative.

### **How about strengthening our relationships?**

Expressing appreciation for others and their actions can strengthen bonds and will in all likelihood increase future help. People like to help people they like and feel appreciated by. It also improves our relationship with ourselves by helping us to appreciate and take care of ourselves. Ever feel like you can't be bothered? We all do some days! But being grateful can also improve productivity and motivation.

Appreciation for what we have, what we're thankful for and opportunities the universe has offered us, can help us make the most of them, and increase motivation to work towards that which we want to call-in and attract.

Gratitude can also lead to overall happiness. Being grateful for the things we have and the people in our lives leads to us feeling content and satisfied with what is. It's sometimes tough being accepting of 'how things are' and not 'how we want them to be'.

### **Bumps in the road...**

When we hit those tricky moments in life, it's then that we make the decision to change, which helps promote and perpetuate optimism about the future. Being able to appreciate the positive aspects of our lives more and this leads to increased levels of hope for 'what is yet to come'.

In conclusion, gratitude is a powerful emotion that can have a profound impact on our lives. Making it a habit can help us appreciate the good in our lives and make the most of the opportunities presented to us.

Most of us strive to improve our mental and physical well-being, relationships, productivity and motivation, and overall happiness. It's our Creator-given right, and gratitude can help us achieve it. But how?

A good daily gratitude practice is one that is simple, consistent, and most importantly, meaningful to you.

Here are some ideas of how to bring more gratitude into you life...

### **Keep a gratitude journal:**

Each day, write down a few things that you are grateful for. This can be anything from the small things, like a good cup of coffee, having a roof over your head and food in your belly or to the bigger things, like the love and support of your family and friends.

Reviewing your journal regularly can help you to appreciate the positive aspects of your life and focus on the things that matter most to you. There are also online apps where it reminds you to write down the things you are grateful for.



New habits can be hard to form but if you stick with the practice, you can then look back months and years later and recall the good things that happened in your life. And these thoughts are heard by the great cosmic soup and guess what?

You'll call in more of the same!

**You could choose to start or end your day with gratitude:**

Take a few minutes each morning, evening (*or both!*) to reflect on all the things you are grateful for both big and small. Even the simple things that we may take for granted. You could choose to list few things in your head, or note them down in a journal or now there's 'Gratitude Journal Apps' too. Starting your day with gratitude really helps to set a positive tone for the rest of your day and ending it being thankful can set you up for the following day.

**Remember to say 'Thank You':**

Take moments each day to say 'thank you' to someone. It can be as simple as sending a quick email or text message, or writing a heartfelt letter or card.

Saying thank you will help to strengthen your relationships and not only makes the other person feel appreciated, but it'll make you feel good inside too! It helps to magnify your positive feelings and reduce the negative ones.

### **Learn How to Meditate and Practice Mindfulness**

Take a few minutes each day to sit quietly and focus on the things you are grateful for. This can be as simple as repeating a mantra, such as "I am grateful for...", or as complex as taking the time to visualise each thing you are grateful for.

Meditating on gratitude can help you to appreciate the present moment and find peace in your life. Look up the HeartMath Institute as they have some incredible tools for those that find it difficult to meditate.

It's important to find a gratitude practice that works for you and one that you can stick with. Don't make it so drawn out that it becomes a chore. Experiment with different methods and see which one resonates with you the most.

Simple is good! Just keeping putting those positive thoughts out to the universe, so that it knows what you'd like to attract more of.

### **Give out compliments like candy!**

Compliment someone on something kind or helpful they have done for you or something you appreciate about them. This can be as simple as telling a friend they look nice today or a review, or sharing with friends about a great local small business to help them grow.

### **Perform random acts of kindness:**

Do something nice for someone without expecting anything in return. As simple as buying a stranger a cup of coffee, paying it forward – maybe seeing a young family in a restaurant and paying their bill, donating to a worthy cause or maybe volunteering your time somewhere it is needed.

Small, unexpected gestures that'll brighten someone's day and keep spreading ripples of positivity around the planet.



### Give a gift:

Small (or large!) gifts are a wonderful way of expressing your appreciation. This can be as simple as a homemade card, surprising someone with a bouquet of flowers, or giving something you have poured love into that you've created or made.

There have been numerous studies to show that it's as beneficial for the giver as for the receiver! From overall happiness, to decreased stress levels to even reducing blood pressure! Simple but effective.

### Write a thank-you note:

When was the last time you took the time to write a heartfelt note to someone you were grateful for or for something they'd done or achieved? Especially when they have no idea that it's coming. It can be as simple as sending a quick text message, an email, a card or a letter.

When people receive these out of the blue it'll put a smile on their faces! Think of the last time someone did this for you? How did it make you feel inside? You can make someone else feel like that too. The circle of giving and receiving.

### Help someone out. Especially someone you don't know!

Offer to help someone with a task, problem or issue they are facing. Maybe offer to run an errand for a friend or lend a listening ear, or if you see someone struggling with kids and groceries at the store, offer to return their shopping cart for them.

If you see someone who's living on the streets, go to store and buy them something to drink and some food to eat. There are so many opportunities in life where a small act of kindness can bring some light into someone's day! Look out for them. Plant seeds. Create a ripple effect...

### Show gratitude to yourself:

YES! This is super important! Airplane safety announcements say: *'Put on your own oxygen mask first, before helping others.'* Remember to be kind to yourself. Take care of your mental and physical well-being, set compassionate goals, and have healthy boundaries. Brené Brown shared *'Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.'* Treat yourself with kindness and positive self-talk. We all have that little voice in our head that's good at talking us down. Listen for it and learn to focus on all that you ARE achieving to help 'shush' the negative.

When you create a difference in someone's life, you not only impact their life, you impact everyone influenced by them throughout their entire lifetime. Go Create Waves!

— Danielle Doby



*"Generosity, gratitude and appreciation as active principles within the life are just some of the most wonderful, wonderful things. Engender feelings of tenderness and lovingness and at the heart of really what it is to love."*

Mac Macartney, The Grandfathers Speak - Docuseries Episode 6

## Native American Gratitude Practices:

Native American traditions have a strong focus on gratitude and appreciation for the natural world. They hold ceremonies and rituals to give thanks for the gifts of the earth, the sun, the moon, and the animals. These ceremonies and rituals are often led by the leader of the tribe or spiritual leader and involve singing, dancing, and the making of offerings.



An example of a Native American gratitude tradition is the '**Giveaway Ceremony**'. This is a practice where a person will give away some of their possessions as a way of showing gratitude and giving back to the community. It can be done to honour a special occasion, such as a birth or a wedding, or to show gratitude for a bountiful harvest or a successful hunt.

Or the '**Potlatch Ceremony**' which is practised by many tribes of the Pacific Northwest. A celebration where a person or a family will give away their wealth and possessions to their community as a way of showing gratitude and generosity. It's often held to mark a special occasion or to honour a person of high status.

The '**Sweat Lodge Ceremony**' is another traditional Native American practice which features in the Purification chapter of Time of the Sixth Sun, and is used as a way of giving thanks. It involves entering a small structure, heated by special rocks that are carefully tended to by a firekeeper, and the participants sweat out impurities while singing and praying. A purification of the body and mind, and to give thanks for the blessings of the natural world.



*"Why the indigenous people and the people of culture enrooted to mother earth would participate or utilise the sweat lodge is for primarily purification. It's a cleansing of mind, body, and spirit. It's a place that we can go to in the complete stillness of the dark. Go back into the womb of the mother."*



**Adam Yellowbird - Time of the Sixth Sun Movie**

Another amazing practice is the '**Vision Quest Ceremony**', where an individual, usually a young person, will spend two to four days alone in nature, fasting, in order to gain spiritual insight and guidance to create the space and clarity to interact with a guardian spirit to obtain advice or protection. This is often seen as a way of giving thanks to the natural world and the spirit world for the guidance and protection they provide.

### **Hindu Gratitude Practices:**

Hinduism also has a strong tradition of gratitude towards the divine and one's ancestors. It's a complex religion with many rituals and ceremonies, and gratitude is an important aspect of many of these practices.

A Hindu gratitude tradition is the '**Puja Ceremony**', which involves making offerings to the gods and goddesses and can include flowers, fruits, incense, and food. The puja ceremony is seen as a way of giving thanks to the Divine for blessings and protection.

Or the '**Aarti Ceremony**', a ritual that involves lighting a lamp and offering it to the gods and goddesses often performed in the evening, and seen as a way of showing gratitude for the light of knowledge and the light of the divine.

Hindus also share a strong tradition of giving back to the community, which is known as '**Dana**' or '**Daana**' and can include giving money, food, and other resources to the poor, the needy or those that need help.

The act of giving is seen as a way of showing gratitude for the blessings received, and to assist others who are less fortunate.

In the movie, Dawn Eagle Woman shares that:

***"You are the living hope of all your ancestors"***

The graphic on the next page shows just how many you may have depending how many generations your family goes back.

20 generations? Over a MILLION ancestors!

***"You are the living  
hope of ALL your  
ancestors..."***

Dawn Eagle Woman

**You**

***2 Parents***

***4 Grandparents***

***8 Great Grandparents***

***16 Great Great Grandparents***

***32 Great Great Great Grandparents***

***64 Great Great Great Great Grandparents***

***128 Great Great Great Great Great Grandparents***

***256 Great Great Great Great Great Great Grandparents***

***512 Great Great Great Great Great Great Great Grandparents***

***1024 Great Great Great Great Great Great Great Great Grandparents***

***then after just 10 generations you have...***

***2048 > 4096 > 8192 > 16,384 > 32,768 > 65,536 >***

***131,072 > 262,144 > 524,288 > 1,048,576***

**One Million Ancestors if your family goes back 20 generations**

**And you can 'call them in' **WHENEVER** you need help or guidance...**



**Watch Time of the Sixth Sun for free -  
*TimeoftheSixthSunLaunch.com***

You have a tribe of ancestors that are there to support you. Next time you're struggling, close your eyes, take a few deep breaths and ask for help and support. It really works...



## African Gratitude Practices:

There's a rich cultural heritage in Africa when it comes to expressing gratitude and appreciation for the gifts of life. The people of many African tribes hold ceremonies and rituals to pay tribute to the sun, moon, animals, and the earth. Led by a spiritual leader or tribal elder, these rituals often include singing, dancing, and making offerings.

An example of an African gratitude tradition is the **'giving back to the community ceremony'**. A practice where a person will donate some of their possessions as a way of showing gratitude and giving back to those around them. This can be done to celebrate a special event like a birth or wedding, or to express gratitude for a bountiful harvest or successful hunt.

Or the **'Libation Ceremony'**, which is practised by many African tribes. A ritual that involves pouring a drink or other liquid as an offering to the ancestors or the spirit world. A way to show gratitude for the blessings and protection that the ancestors and the spirit world provide.

Tribes will also hold 'Games' which are a way for the community to come together, have fun and express gratitude for their physical abilities and the natural environment, to include activities like wrestling, running, and jumping, which are used to test endurance, speed, strength and agility.

African people also have a strong tradition of sharing and helping each other. This is known as 'Ubuntu' which is an African philosophy that emphasises the interconnectedness of all people. It's a way of showing gratitude and appreciation for the community and the resources they share.



*“A storyteller. One who has to know the history of his people. One who has to keep the remembrance of certain laws and practices. It's nothing really of much importance except that in olden days I would have sat under a tree and told stories when the proper time came. Umlando means the great story, the great thing that must be related without forgetting, without making a mistake.”*

***Vusamazulu Credo Mutwa - Time of the Sixth Sun***



*"We're here with incredible gifts. We're born with these gifts, and we're born into a state of gratitude, because we didn't earn these gifts: the gift of life, the gift of our time, the gift of a planet that nourishes us. And since we've received so richly, we want to give in turn. But maybe people are stuck in jobs or relationships or whole lives where these gifts are locked inside and they're not engaged. They're doing a job and they think "I wasn't put here on Earth to do this." I think this is really the freedom that we want. We want the freedom to express ourselves fully and to be creative beings."*

**Charles Eisenstein, Time of the Sixth Sun Movie**

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To conclude this chapter, no matter where you go in the world, the message is similar. Be grateful for that which you have and express that gratitude in a way of your choosing. What we think about we create. Think grateful thoughts....

## Chapter 2: Forgiveness and Letting Go



Forgiveness is the act of releasing negative feelings such as resentment, anger or bitterness towards someone who has harmed or wronged you. It is the decision to move forward positively and to free yourself from the negative emotions and mental captivity of the past.

It can, of course, be very difficult, especially when the harm or wrong done to you is severe and has led to great trauma, but the ability to forgive has been shown to have benefits for reducing stress, improving mental and physical health, and rebuilding relationships.



*"Any one of the tribal leaders has suffered and watched their generations of families suffer. For those elders to be able to step forward and forgive; forgive others who have actually perpetrated those crimes against humanity and their tribes. To forgive themselves and allow themselves to actually embrace those people as their brothers and sisters and to be able to sit down and open the dialogue for how we move forward. It's going to need a separation of the old system that has betrayed us and repurposing of that, and plugging that back into where it supports a complete oneness of black fellow, white fellow, red fellow, yellow fellow, and everybody else. Because at this point, as we know, we all came from the same source."*



**Charles Eisenstein, Time of the Sixth Sun Movie**



Forgiveness doesn't mean forgetting what happened. Or that the person or people are absolved of responsibility for their actions. They're not excused for what they did. But it means that you are empowering yourself to make the choice to let go of the negative feelings you have towards and associated to them and move forward for your benefit but very much on your own terms.

### **Why is it so important to find the strength to forgive?**

We dedicated an entire episode to this topic in Episode 2 of our documentary series 'Healing Our Ancestral Wounds.' How the Indigenous have learned to forgive despite the atrocities that have been committed against them.

### **Mental and physical health:**

Holding onto anger and resentment can drain your energy, increase stress, depression, and anxiety. But forgiving can help lower stress levels, reduce blood pressure, and improve overall well-being.

## Emotional well-being:

Forgiveness is key to improving our emotional well-being. It reduces negative emotions like hostility and hatred and promotes peace, compassion, and understanding. It's a step forward in personal growth and self-discovery, helping you understand yourself better and move forward positively.

## Achieving inner peace:

This is a worthy goal to strive for, but easier said than done! Forgiveness isn't always easy, and it isn't always possible, but it's always a choice. It doesn't mean forgetting what happened or absolving the person of responsibility for their actions. It means making the conscious decision to let go of negative feelings towards them and freeing yourself to progress on your own path, on your own terms.



## Steps to Letting Go:

### Acknowledge your feelings:

Let's be real, the first step in freeing yourself from negative emotions is to admit that they're there. Don't try to sweep your anger, resentment, or bitterness under the rug. Face them head-on and give yourself permission to feel what you're feeling. To be present.

An analogy is a surfer trying to catch the perfect wave. Sure, it takes effort. It takes perseverance to keep diving with your board under the incoming sets of waves, again and again, especially when the waves seem intent on sending you back to the beach.

But eventually you make it out behind the waves. To the calm. To the stillness. To catch your breath. To observe. And once you do, you can find peace. Allow yourself to sit in stillness and wait for the right moment to take the next step, however big or small.

### Practice mindfulness:

This is such a powerful tool for managing your emotions. It's all about being in the moment, focusing on your thoughts, feelings, and bodily sensations without judgment. This practice will help you understand your emotions better and release them.

### Express your emotions and trauma release:

This can be achieved through talking to a friend, family member, or therapist, writing in a journal, practicing breathwork, Emotional Freedom Technique (EFT), repeating the Hawaiian Ho'oponopono mantra of "I am sorry. Please forgive me. Thank you. I love you".

Or trying Bioresonance Analysis. And we highly recommend checking out the work of Gabor Maté, especially his docu-movie 'The Wisdom of Trauma'.

Practice forgiveness and gratitude: We've covered this in detail above.

### Letting go of the need to be right:

Sometimes our negative emotions stem from our need to be right or for when we feel out of control. Letting go of a need to control can release those negative emotions and bring inner peace and understanding. Catch yourself trying to control situations and simply say "I'm going to choose to let this go".

### Engaging in physical activity can help:

We all know that getting active, whether it's going for a walk, running, or practicing yoga, can do wonders for releasing pent-up emotions and clearing your mind. And if you really want to get grounded, try going for a walk barefoot, walking on the grass, or invest in a grounding mat to sleep on at night.



*"The free expression of the human spirit, the dancer, the runner, the singer, the artist, the creative being, these are ways we can be much closer to the creative energies that we carry inside us. This is the human form of free expression."*



*These are very powerful methods to help us to free up that spirit, to free up the emotions, to loosen up what has become stuck and held into our bodies, to full let go and release. If we're holding on to fear, then we're not free. If we're holding on to anger, we are hurting ourselves very, very deeply.*

*There is a place for free expression of that. On a dance floor, the forest, the artist, and the paper and paints, the poet, the actor, all these are methods where this energy can be released. And we can come back to a purer form of who we really are.*

*And within that expression comes the emotion. An emotion is simply energy in motion. It's what starts to move around our bodies what has become stuck, what needs to be released. Holding on to old emotions does not serve us, whether it's anger, whether it's sadness, grief, whatever it is, fear.*

*Learning about ourselves and knowing ourselves is one of the keys to fully healing and ascending away from the negativity that we've been carrying. Within our shadows, there are stories of the old. There are things that've happened to us that we may not really want to name.*

*But in the recognition of the shadow, we recognise the story. And we can then deal with the story in a healthy way to release its grip on us so we're not carrying quite so much baggage over our shoulders as we will have been doing in the past."*

### **Caroline Carey, Time of the Sixth Sun Movie**

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If you'd like to view the 108-minute Movie for free, you can choose a time to watch by visiting:  
<https://timeofthesixthsun.tv/watchmovie>



## Chapter 3: Embracing Our Shadow Side

*"As you know, when a light falls on an object it casts a shadow. The shadow reminds us that we are souled beings. That shadow that we have cursed, that shadow that we have run from, that shadow that we blame for putting us into this endless cycle of lifetimes, is our divinity, is our soul. The inward-looking self. It is just there loving you. Taking everything of this external expression and transmuting it into the depths of the soul. Into a light beyond light and a wisdom that is eternal."*

**Tobias, Time of the Sixth Sun Movie**



We all have an unconscious part of ourselves, commonly referred to as the "shadow side". This side of us contains repressed thoughts, emotions, and behaviours that we may find unacceptable or embarrassing. These can often clash with our conscious self-image, and may include emotions like judgement, anger, jealousy, greed, or prejudice. However, the shadow side can also hold valuable traits that we may have suppressed, like creativity and intuition.

### Embracing the Shadow

Our shadow side can be shaped in childhood, by various factors such as cultural norms, past traumatic experiences, and family dynamics. Embracing this side of ourselves may be a challenge, but the reward is a well-rounded sense of self. It can reveal itself in our dreams, behaviour, when we're triggered and in our relationships. It may also be the root cause of personal struggles, but by acknowledging and integrating the shadow side, we can gain a better understanding of ourselves, improve relationships, and live a more authentic and fulfilling life.

Remember, the shadow side is not something to be feared or rejected. Instead, it's crucial to understand, accept, and integrate it into our consciousness to achieve personal growth and well-being.

*"There is a side to the human condition that will always want to remain in the dark. Remain in the shadows. It takes a lot of courage to look at the more negative aspects of yourself. Simply turn around and take a look. Say, "Okay this is part of me. There is gold in the dark."*



**Caroline Carey, Time of the Sixth Sun Movie**

Embracing our shadow side can be a challenging process, but worth it. Like diving into the depths of the ocean, you never know what kind of hidden treasures you'll uncover. By facing fears and acknowledging the parts of ourselves that we may have repressed or denied, we can gain a deeper understanding and acceptance of who we truly are.



This can bring a new level of self-awareness and lead to improved relationships and a more fulfilling life. Remember, self-discovery is a journey, not a destination. So be kind to yourself, take it one step at a time, and celebrate each victory along the way no matter how small.

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*"This is definitely a time not to be in our heads. This is a time to do what is right, to follow what the heart knows is right and if they make the laws according to the heart of what is best for people, not for corporations*



*and money and government, we would be in a world that's so easy and healthy, and which would enable people to have the time and everything to be able to learn about the heart and what it is and to go into higher levels of awareness. It would assist the change."*

**Drunvalo Melchizadek, Time of the Sixth Sun Movie**

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Becoming aware of and integrating our shadow side can be a process that takes time and effort. But once you start to understand that 'there is gold in the dark' it can actually become your ally! Here are some ways you can begin or further the process.

### **Reflect on your actions and behaviour:**

Take a step back and examine your actions, thoughts, and emotions. Try to identify any patterns that could be connected to your shadow side. Don't be afraid to ask yourself why you react in certain ways or why you experience certain thoughts and feelings.

It's important to remember that having a shadow side is a normal part of being human. Embrace the journey of self-discovery, and use your shadow side as a tool to help you grow and evolve. By reflecting on your behaviour, you can shed light on the aspects of yourself that may no longer serve you, and use this knowledge to live a more authentic and fulfilling life.

### **As shared in the Gratitude Chapter, keep a journal:**

Writing down thoughts and feelings can help you get in touch with what's going on inside. It's like shining a light on your inner landscape. By reflecting on your journal entries, you can start to see patterns and themes emerge that give you a better understanding of your shadow side.

Don't judge yourself as you go through this process. This is about self-discovery, growth, and learning to live with all aspects of yourself. So grab a pen and paper, or if you're tech-savvy, start typing, and begin your journey of self-awareness today!

### **Learn to observe your thoughts and feelings - without judgement:**

This is a tough one. But, the reward is worth the effort. When you start to observe your thoughts and feelings objectively, without that voice in your head constantly critiquing and judging, you unlock a deeper understanding of yourself and your shadow side. Have you ever stopped to think about why you find yourself in a place of judgment?

What's your emotional state like in those moments? Are you feeling tired or hungry? Or has something else triggered you that day, causing your ego to jump to judgment as a form of self-defense? By just becoming aware of these things and tracing back the cause, you can make a huge impact on your ability to observe yourself objectively.

### **Practice mindfulness:**

Becoming more self-aware is key to a deeper understanding of ourselves. Now, it's important to remember that we all have a shadow side, it's just part of being human. It can be both a blessing and a curse, so it's crucial to be kind and compassionate with ourselves as we work through this process. It's not easy, and it takes time, but the courage it takes to confront our shadow is truly remarkable.

Integrating your shadow side isn't about getting rid of it or changing who you are. It's about understanding and accepting all aspects of yourself, even the parts that may be uncomfortable or hard to confront. It's about learning to live with all parts of ourselves, even the ones that we may have repressed or denied. By becoming more aware of and integrating your shadow side, you gain a deeper understanding of yourself, which in turn improves your relationships and helps you live a more authentic, fulfilling and awakened life.

This is not a one-time process, but a journey of continual self-discovery and growth. And remember, be gentle with yourself along the way.

*As Marianne Williamson says, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."*

By embracing and integrating our shadow side, we tap into that inner power and become more fully who we were meant to be. So, let's get started on this journey of self-discovery!

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*"It's going to turn your life inside out and upside down for a very short period of time. It's going to sometimes even bring, what you would call, your final spiritual crisis while you're in human form. For some of you a most challenging experience but it's part of the process of the transmutation of energy. You can make this choice right now to release yourself from the karmic merry go round. With a tear in your eye and a song in your heart, let suffering be a thing of your past. Bless the shadow."*

**Tobias, Time of the Sixth Sun Movie**



## Chapter 4: Dreaming Ourselves Awake and Manifesting the Future We Want to Create

*Dreaming Ourselves Awake* is a concept that encourages us to connect with our thoughts, dreams, and desires to gain a deeper understanding of ourselves and the world around us. This idea suggests that we have the power to co-create the future we want to envision and that by doing so, we can become more awakened and aware of our inner selves, the universe, and the infinite possibilities that exist for us.

The power of manifesting is rooted in the belief that our thoughts and emotions have a profound impact on our ability to bring our desires into reality. This idea is supported by the law of attraction, which states that like attracts like.

When we focus our thoughts on positive, optimistic and hopeful ideas, we will attract those same things into our lives. When we are in alignment with our desires, the universe conspires to bring them to us. It's a cosmic love affair between us and the infinite.

## Show me the proof!

The field of quantum physics provides evidence to support the idea that our thoughts and emotions can influence physical reality. Experiments in quantum physics have shown that particles at the subatomic level can be affected by the observer's consciousness, and that the observer's thoughts and intentions can influence the outcome of experiments.

Princeton University runs the Global Consciousness Project, which collects data from a global network of physical random number generators to study the impact of collective thought on the world. Some of their findings are mind-blowing, to say the least.

In addition to quantum physics, there is evidence from the field of social psychology that suggests that collective thought and intention can have a powerful impact on individuals and groups. For example, studies have shown that people who are part of a group that is focused on a specific goal or intention tend to be more successful in achieving that goal than those who are working alone.

The power of prayer and the placebo effect are also examples of how collective thought and intention can have an impact on physical health. There are countless examples from history and current events that demonstrate the power of collective thought and intention to influence and change the world.

Social movements that have brought about change in societies and governments have been driven by the collective thoughts and intentions of large groups of people who have come together to demand change. The late Masaru Emoto's work claims that human consciousness can affect the molecular structure of water, and Lynne McTaggart's Intention Experiments are two fascinating examples of the power of collective thought.

### Let's sum it up:

Ultimately, *Dreaming Ourselves Awake* is about taking control of our lives, our thoughts, and our emotions to actively work towards creating the future we want. It's about aligning our minds and hearts with our desires and allowing the universe to bring them to us. Tapping into the infinite potential that exists within us, and using that power to create the world we want to live in, becoming more awakened and aware of ourselves, so that we can live a more authentic, fulfilling life.



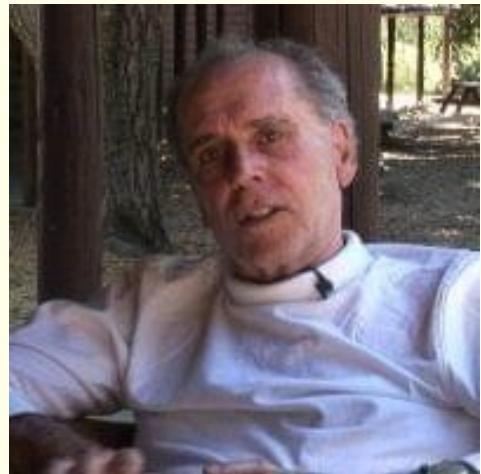
By connecting with our thoughts, emotions, and desires, we can become more awakened, aware, and empowered to create the future we want to see.

The power of manifesting is within us all, and all we have to do is believe, feel, and act. Trust the process, and watch your dreams come to life.





*"Humans have been given the ability to change how things come down, how things manifest here from this sub-quantum level. And they're experts at it. I mean these shamans are the oldest scientists on the planet. And shamanism is the first science on the planet. All the other sciences came out of that. Now, with the discovery at the end of the last century that consciousness and matter are interrelated, now we understand why prayers work.*



*There is a basis for that, even though most people still don't understand that physics has actually proved there's a relationship directly between consciousness and matter. What that means and how that works, they don't have a clue. But the shamans have a clue. They don't understand how it works. They just know how to use it. They don't care how it works. They just want to do it right so it does work."*

***Dr Bill Lyon PHD, Healing Our Ancestral Wounds - Ep2 of Docuseries***

Manifesting is the process of bringing our desires into reality. It's about aligning our thoughts, emotions, and actions with what we want to see in our lives. There are many ways to manifest, from visualising your goals to setting positive intentions.

## Clarity

The key to success is having a clear idea of what you want and truly believing and feeling that it is possible to achieve. With the popularity of 'The Secret', the concept of the Law of Attraction and Manifesting Dreams has been brought to the forefront of many people's minds.

When we actively work towards manifesting our goals, we take control of our lives and shape our future.

And let's face it, this is exactly what we need right now! But it's not just about manifesting for ourselves, it's about collectively creating the world that we want to see.

So let's dream big, trust the process, and manifest the future we desire, both for ourselves and for the world.

*"It is very important to understand the laws that govern manifested existence. One of these laws is like attracts like and the law of attraction is vital in what we envisioned. If you have a vision of a particular way that you want to unfold in your life, then you create with your mind the outer linings, which then the spiritual energy of your own soul can pour into them and make it manifest and materialise. And if we acknowledge that our vision and our dream is to serve the whole and not just the individual separated part, then our visions would be good, beautiful, and true, and they will manifest the great creativity that the human consciousness can reveal in our world."*



**Yiannis Pittis, Messages From The Heart - Ep7 of Docuseries**



## What are Practical Steps to Take?

What are the practical steps you can take to bring your desires to fruition? First and foremost, it's important to clearly define your personal and altruistic desires. Get specific about what it is that you want for yourself, for others, and for the planet. Don't just focus on what you don't want, instead, concentrate on what needs to be achieved. Make a list, write it down, and get crystal clear on your desires. This clarity will be your roadmap, guiding you towards manifestation.

## Believe it is possible:

The first step to manifesting your desires is to believe that it is possible. Your thoughts and beliefs hold immense power over your ability to manifest, more than we can even imagine. So, let go of any doubts and embrace the belief that you can bring your desires into reality. This mindset shift will be the foundation of your manifestation journey and will set the stage for all that is yet to come.

### Take inspired action:

Now that you have a clear idea of what you want and believe it's possible, it's time to take action. Start thinking and feeling as if your desires have already been achieved. Imagine how it will feel, what it will look like, and trust in that power.

Remember, manifestation is a collaborative effort between you and the universe, so get moving, take inspired action, and watch as your desires come to life before your very eyes.

### Let go of resistance and negative emotions:

Let's be real we all face negative emotions like doubt, fear, or guilt from time to time. But here's the thing, these negative emotions can hold us back from manifesting our desires. They can be a real roadblock, so it's important to acknowledge them and do the work to release them.



Don't let these unhelpful thoughts and emotions keep you stuck in a cycle of inaction. Focus on positive, uplifting thoughts and feelings, and keep moving forward on your manifestation journey.

### **Stay open to receiving the manifestation of your desires...**

We can get so fixated on the end result, that we actually block the manifestation from occurring. That's why it's important to stay flexible and not get too attached to the outcome.

The universe may have a different plan for you, and the manifestation of your desires may not happen in the exact way that you envision. So, keep an open mind and trust that the universe has your back. The timing will be just right, and everything will come together in its own divine way.

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*"We keep thinking things take time and they don't take time, they take alignment. Once things are in alignment things happen in a quantum way. Our whole understanding of time has to be removed and this is what the Maya spoke about at the end of time. It's not the end of a clock ticking, it's the end of a concept of understanding the universe."*



### **White Eagle, Time of the Sixth Sun Movie**

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The concept of manifesting is a powerful force that can help you turn your dreams into reality, both for your own personal desires and for the greater good. But here's the thing, the key to making manifesting work for you is to have faith, trust the process, and know that everything will unfold exactly as it should, in its own time.

So, keep that positive energy flowing, focus on your desires, and watch as they manifest before your very eyes.

## Chapter 5: And So It Is...

We've delved into the depths of personal growth and wellness, and have uncovered some truly profound truths. Gratitude, forgiveness, embracing the darkness within, manifesting the life of our dreams, positive thinking - these are the elements that can awaken us to a life beyond our wildest imagination.

You see, focusing on positive thoughts, feelings and practices of gratitude, living a life overflowing with joy and happiness - these are the key ingredients to a fulfilled and awakened existence. Just by becoming more aware of your triggers, emotions, and feelings, you can transform your outlook on life, elevate your energy levels, and tap into that French phrase, the 'joie de vivre' - the sheer enjoyment of life.

Remember, we are not just mere physical beings inhabiting this earth. We are souls, experiencing life through these skin suits. And we possess the power and ability to create all that we desire. All we need to do is remind ourselves of this every single day. We are all **Dreaming Ourselves Awake.**

**'So what will you dream tonight?  
And will you act on it tomorrow?'**

## About Time of the Sixth Sun

"Embark on a journey of self-discovery and enlightenment with 'Time of the Sixth Sun'. This 108-minute feature docu-movie and 8-part documentary series takes you on a cinematic journey across 16 countries, featuring over 85 Indigenous Elders, Wisdom Keepers, and Thought Leaders sharing their knowledge and teachings. As you watch, you'll have "aha" moments and gain great insights into the awakening and incredible changes happening to humanity's consciousness. You'll be challenged to ask yourself "Who am I?" and to look inside for answers, leading to a process of purification and letting go of fears, conditioning, and old programs. Join Estas Tonne, Charles Eisenstein, Drunvalo, Pat McCabe, Geoffrey Hoppe, and more as you are guided through this transformative experience and discover how our collective thoughts really do create our realities. With original music composed by Charlie Roscoe and featuring the music of Estas Tonne and 11 other artists, 'Time of the Sixth Sun' is a not-to-be-missed global cinematic journey sharing the potential for personal growth and transformation."

If you'd like to view the 108-minute Movie for free, you can choose a time to watch by visiting:

<https://timeofthesixthsun.tv/watchmovie>



"This was an amazing production, well thought out, beautifully photographed, with wonderful music as well. I very much enjoyed seeing it. Now I am looking forward to seeing the next in the series. Thank you all for all your work and vision."

Audrey  
UNITED STATES



"This was such an amazing, soul stirring and important film. The music, scenery, wisdom from the elders. I found myself pausing the video numerous times to take in the wisdom being shared. Thank you for this opportunity to learn, grow, change, and be a steward."



Paulissa  
UNITED STATES



"Wow! This film is amazing! It is jam-packed with wisdom, is eye-opening and heart-warming. Thank you for the opportunity to learn and grow. Love and gratitude for those who contributed to it."



Judit  
HUNGARY



"This is easily the most important documentary I've ever seen, after 25 years on my spiritual journey. I give the love-filled, insightful film-makers the highest rating possible."



Lora Abrielle  
UNITED STATES



"The masterpiece every human being should watch.  
Gives us wisdom, hope and strength.  
Bless you all and THANK YOU!"

Emilia  
UNITED KINGDOM



"Absolutely beautiful and perfect for this time!  
This could change the world!!!  
Sending tons of gratitude!"

Maureen  
CANADA





TIME OF THE SIXTH

SUN

dreaming ourselves awake

<https://timeofthesixthsun.tv/watchmovie>