



# INTERVIEW WITH THE UNIVERSE

BY TAHRIQ

A NARRATIVE GUIDE TO  
MANIFESTING A BETTER LIFE

EXPANDING CONSCIOUSNESS ONE WORD AT A TIME

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# **Interview With The Universe**

a narrative guide to manifesting a better life

by Tah Riq



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## Disclaimer

The content of this book has been assembled through experience, intuitive downloads, the incredible people in my life and by standing on the shoulders of giants who've paved the way to this information being made accessible. This story is a work of fiction and is intended for educational and entertainment purposes only. I take no responsibility for how your life may transform as a result of using or being exposed to the information contained within these pages. I say that in earnest because using the information given to me by the Universe has radically transformed my life and not all transformation is easy. Some people just aren't ready to watch every belief and fixation they hold dear and identify themselves with, dissolve before their very eyes in the face of becoming more. Relationships shift or crumble. Businesses close. Partnerships change or end. Worldly attachments of job, house, rank or status slide away. You often start over. Freedom does not only mean being able to do whatever you want. It begins by being free of whoever or whatever anyone - parents, dearest friends,



teachers, spouses, everyone, including yourself thinks you are or expects you to be. As you expand, the chains to your anchors break, often spectacularly, allowing you to be released anew, embraced by the ocean of possibility around you, floating upward. Ironically on the way to discovering your authentic self, you pass through the purgatory of selflessness and dissolution of past, programs and patterns. If you're not ready for this then enjoy this as a nice story full of implicit meaning and messages. A word of caution though:

**You cannot un-see truth.**

## Dedication and Acknowledgements

This book is dedicated to the dreamers, the heralds, the wayward visionaries and the vanguard rebels who walk among us. Those who dare to ask questions that make others uncomfortable are the ones life allows to receive rich answers in the form of expansive experiences. If you find yourself feeling stuck, wondering why every day is the same, questioning why there is a palpable lack of meaning in your extrinsic, materially driven, task-based reality, maybe this can help. If you are living an existence that comes up short of the feeling of living then I'm certain you can find a slipstream out through the information presented here. This interview has been written to save you your most valuable currency: **time** and to give you a level of comprehension as to why things are happening to you the way they are from an energetic standpoint that otherwise may be hard to discover. To me stability is akin to death or at the least, catatonia. It is swept up in life's unhinged, unbridled kaleidoscope of entropy that I feel most

secure and the most grounded. It is through our ability to fearlessly dream that we awaken to the wonders of life.

I would like to give a tremendously warm and sincere thank you to all the souls who along the way have hurt me or caused me severe heartache therefore leading me towards healing and growth; those who've wronged me, leaning me into forgiveness and compassion and those who have been my greatest obstacles, through whom I've discovered ease, effortlessness and flow. I'm grateful for the school bullies, my times of depression, ill-health, weight-gain, anger, ostracisation, disenchantment and hypochondria. You have been among my greatest teachers. Thank you for your lessons.

I give thanks to my dear parents, my past relationships, my adversaries and rivals. To my haters and judges, I love you too. Lastly I give thanks to all my new tribe, my fellow brothers and

sisters in peaceful arms and among the conscious cavalry; the one star-crossed unicorn I now choose to call mine.

# Chapters

Foreword.....	p.10
Chapter 1: Illusions and Intuition.....	p.16
Chapter 2: Beliefs.....	p.27
Chapter 3: Consciousness of Consumption.....	p.32
Chapter 4: Creative Being Human.....	p.44
Chapter 5: Life’s Guidance Systems.....	p.53
Chapter 6: Fear Farming.....	p.62
Chapter 7: Trust and Presence.....	p.70
Chapter 8: Rising in Love.....	p.76
Chapter 9: You Create Accidents.....	p.89
Chapter 10: Rendering Reality.....	p.94
Chapter 11: Heart and Brain.....	p.99
Chapter 12: Your Nature is Abundance.....	p.103

# Chapters

Chapter 13: The Universal Orchestra.....	p.107
Chapter 14: Vortexes and Momentum.....	p.116
Chapter 15: You are Chosen for Ideas.....	p.124
Chapter 16: The Path of Effortless Flow.....	p.128
Chapter 17: The Doing of Being.....	p.137
Chapter 18: Healing Old Stories.....	p.143
Chapter 19: Expectant Gratitude.....	p.158
Chapter 20: Wake Up Call.....	p.162
Conclusion.....	p.166

## Foreword

I was fortunate enough in this lifetime to stumble upon the Universe, the unseen orchestrator conducting our chosen symphony of life and to discover all the ways this force knowingly and unknowingly works with us to create our world. During key, heightened moments of awareness I could feel this presence, which proceeded to speak through me. What you have before you is a rare interview with the Universe, the purpose of which is to offer sound counsel to those who choose to uncover the patterns at play in their lives, for better and for worse. Thank you for reading. There is magic within these pages. It is my sincere intention for the following chapters to give you the resources to more deliberately and enjoyably architect your own chosen reality. You have cut yourself off, to some degree, from the flow of abundance, love and spiritual evolution all around you. Now, It is time awaken to all you already are and grant access to experience all you have already been given.

*“It’s all yours. It always was.”- The Universe*



# Chapter 1: Illusions and Intuition

# Interview With The Universe

a narrative guide to manifesting a better life

**TR:** I can't believe you're here. Before anything, thank you so much on behalf of all of us, for taking the time out from your unfathomably busy schedule for this interview. It's going to do so many people so much good.

**UV:** You're most welcome, though it's no problem. I have all the time in the world.

**TR:** I have to ask, why me?

**UV:** Then I must answer, why not you?

**TR:** Well I guess I just wasn't sure that I was qualified.

**UV:** There is no question of qualification, only readiness to receive.

**TR:** Where to begin... Are there any other names you go by?  
What shall I call you?

**UV:** Many. You've invented a few wonderful names for me over the years. Some of my favorite are God, Infinite Intelligence, Infinite Consciousness, the Collective Mind, Source and Higher Power. You really are most flattering sometimes. Allow me to offer that I am the collective, formless, creative energy beyond your own perceived spectrums and dimensions of reality that shifts everything into being.

**TR:** I see. How would you like me to address you?

**UV:** How you address me is immaterial. Anyway that works for you works for me. It's not the label you find for me that matters, it's the love you find for me that moves matter itself.

**TR:** Actually, strangely enough that makes sense. Well as I mentioned in our moments before this interview, what's been playing on my mind is, what is true reality and what is illusion? Can you share some of your wisdom on the illusions we face in our human lives today?

**UV:** To express this simply, something being observed is truth. It simply is. It is part of the 'isness' of things. The way you observe it, the lens, the story your human mind attaches, can subject a truth to your illusions or the illusions of others. These illusions have the power to make things more beautiful, more positive as well as more distorted and grotesque for you. By bathing the truth in your perceptions of it, your illusion also becomes true, for you, because what your view is, is what your view creates. You expand its being a certain way, through your lens of perception.

**TR:** That's so interesting. So basically, the perception I attach to something that simply is, begins to create it in the likeness of that perception?

**UV:** Yes, whether positively or negatively focused. That is part of your power as a human creator.

**TR:** How am I a creator not just one of the 'created'?

**UV:** You have much to learn.

**TR:** I'm sure. Ok, so how do I steer clear of attaching such an illusion then?

**UV:** By practicing non attachment. The illusion often can be recognized as carrying an emotional charge. Some illusions are useful. For example seeing the world through a positive lens will

cause it to respond to you with more experiences that you will interpret as positive. In this way an illusion serves you because as you believe in it, it ceases to be illusion and becomes truth.

**TR:** It changes materially according to how I view it?

**UV:** Matter and material are energy. The observed changes energetically in relation to you. Your life experience becomes more positive through your expectation of it to be so. It reshapes itself to prove you right. You are like the sun, heating anything you gaze upon or like a flow of water causing what you direct yourself towards to grow. The same, unfortunately works for those who are self-positioned in poverty of that which they seek. Their negative focus can grow fungus as well as fruit.

**TR:** How do I spot an illusion? What signs can I look for?

**UV:** When you notice an emotional response to something that is, you can ask yourself, is this response borne of your innate, intuitive guidance or is this simply a reaction to past events and prior conditioning you've received over the course of your unfolded life experience? That way you can choose if this illusion serves you or not. You take ownership and authorship of how it affects you.

**TR:** That makes a lot of sense. So as you mentioned the word, what is intuition really?

**UV:** It is the truest of your many subtle senses. It is the permeable channel of the etheric part of you. It has a direct uplink into infinite intelligence and is felt within your biological, human form.

**TR:** Wow, what a description. So like a sixth sense?

**UV:** You are coming from a place of attaching importance as you say that. If you wish to relate it to your senses on a scale of

importance, then it is a more true sense than each of the five you have grown knowing about.

**TR:** I thought gut feeling was always referred to as a sixth sense? How is it truer than sight or sound?

**UV:** It is your truest sense because it always tells truth relative to your soul's expansion.

**TR:** How do you mean exactly?

**UV:** Your soul is always seeking its own expansion beyond anything the human part of you might think it wants. Your intuition is like an inbuilt teacher with the roadmap, the blueprint to your soul's fulfillment. The more you tune, in the faster and farther you'll go and the more joy you will experience in this life.



**TR:** That's beautiful.

**UV:** Divine actually.

**TR:** So how is intuition a more key sense than the other five?

**UV:** Physical objects that can be seen or touched, can also be fabricated or manipulated to look good for you when they are not and deceive you through your senses. Think of a replica fruit basket that looks real to your eyes but will bring you no nourishment. Your intuition will always feel the truth in a situation and in people if you remember how to listen to it.

**TR:** Why do many people find it so hard to listen to this voice then if it's so good for us?

**UV:** People find it hard to listen because your society has over a time been taught to move from a feeling, heart space to a rationalizing, head space.

**TR:** Is intuition a voice?

**UV:** For some it speaks to them in their own voice during moments of pivot and choice. For others it's a feeling connected to an action.

**TR:** Can you give me an example?

**UV:** It might be a feeling like, "Get out of there." It may be your voice, whispering from within your chest that says, "Wait a little longer."

**TR:** Within my chest?

**UV:** Yes, resonating from the zero point within your heart. The more you practice tuning into it the clearer it will speak to you. It will become like an ever-present ally and guide.

**TR:** Why do people seem to have such a tough time tuning in?

**UV:** They invest their time tuning out. They would rather put their energy on things outside of themselves so their ability to hear this inner voice diminishes. The voice itself does not, though they lose the subtlety needed to discern and hear it. It can be cultivated anew with practice and a deliberate awareness of as well as emphasis on feeling, not thought, during moments where a choice is required.

## Chapter 2: Beliefs

**TR:** Thank you for that insight. I will definitely do what I can to tune in more clearly. It sounds like a wonderful resource to have functioning fully. Anything more to say on the theme of illusion?

**UV:** There is much to say. Though for ease of transmission, one of your greatest illusions is your illusion of human limits and limitations and yet, it is also entirely true.

**TR:** I'm a little confused by that. How can the illusions of limits be an illusion and also be true?

**UV:** Now we enter the realm of belief. The illusions become truths because you practice *believing* in them. More powerful than any illusion is the belief pattern you hold it in. The beliefs become like iron rebar, they can provide strength though can also thread their way into things, making them rigid. This of course reinforces the illusion of stability.

**TR:** Stability is an illusion?

**UV:** The only constant is change and the urge of nature to grow. Those who deny that, may think they have a bodyguard in life who wears the name badge 'Security' though once the veil wears away, they will see it reads 'Stagnation'.

**TR:** So how can we reach a feeling of security and stability? What can take their place?

**UV:** Consistency. Offering a consistent vibration regardless to the outside appearance of things and being in studentship allows life to move through you freely unencumbered.

**TR:** I've experienced things I didn't want to even though my beliefs were positive.

**UV:** What you believe is real, perpetuates the reality of that belief. It even affects your physical, human body. That is part of your ability as a creator. Many of your beliefs are deeply soaked in. They are unconscious which can make them difficult to impress upon directly.

**TR:** Beliefs are *that* important?

**UV:** You can affect matter through belief as a belief often has an emotion fused into the belief itself. Your beliefs create your lens of perception. You shift the frequency of the energy of something by the way you observe it. The combination of the belief infused with emotion is creative. Governing this though, the deeper truth is, there are no true limits, only beliefs that serve to not serve you.

**TR:** I feel like I've just been privy to one of life's secrets. Thank you for that. What would you say to the masses of people who don't believe that their beliefs are a creative substance?

**UV:** I speak to those who seek. You don't have to see me working to see evidence of my work. Imagine you are walking down a beach and you see a sand castle. You needn't see the child with a pail and spade to understand that a castle has been built out of sand.



## Chapter 3: Consciousness of Consumption

**TR:** Perfect let's talk about this. So speaking on manifestation, when we wish for a castle you help us build it?

**UV:** Think of me more like the waves or wind that blow enough sand at your feet to build the castle with and the fortuitous circumstance that brings into your life the pail and spade and people to help when you begin to call for them. It's always you who builds the castle. Your castle is the manifestation of how you've shaped the sandbox of your life. You ultimately decide what your castle looks like, or if you have a castle at all.

**TR:** It's all in our hands so to speak? Though, so many people get so much of what they don't want while others are given everything it seems. Tell me, how is this fair or just?

**UV:** The creative laws are immutable. They work the same for one and all. You as everyone else, chose which human body to incarnate your soul, your conscious droplet into. You chose this to

receive particular lessons and experience the diversity of the kaleidoscopic nature of living life, one incarnation at a time. This information is fed back in to the collective at the end of your life cycle and life expands and your species evolves. This is why more and more people are being born expanded in consciousness. They know that they know. They start life knowing what the previous generations had to discover.

**TR:** That's a lot to digest. How come we don't feel or perceive things that way?

**UV:** As the vibration of the planet you are on raises, an increasing number of people will and already do.

**TR:** Can you give me an example of this expansion?

**UV:** More and more people are being born with an intolerance to meat. Parents of such children, being born of a different density, try to sneak meat into their child's food, mixing it in tiny pieces so

the child doesn't see it and then are surprised when the child becomes sick after because they are acting in what they believe to be their child's best interests. The physical bodies of these lighter beings incarnating now cannot tolerate the density. They naturally seek plant based living and may even move on past that as they develop.

**TR:** How is that related to consciousness?

**UV:** Meat is vibrationally dense. On your planet today, the regular eating of other sentient beings is a partaking in unnecessary sacrifice dressed up as affluent consumption and entitlement.

**TR:** I never even used to question it when I was younger. It was the norm. Everyone ate meat. So, as a society at large, what is the belief behind this consumption?

**UV:** The belief is that animals were born to be killed rather than born to live.

**TR:** Wow. I never saw it like that. Gosh I used to eat a lot of meat. Come to think of it, my diet was hinged on the death of animals on a daily basis. What a thought. I mean almost with every meal. We were taught it was good for us that it would make us strong and grow better.

**UV:** And what of your strength today, what of your growth?

**TR:** Actually today I'm much stronger than I used to be. Less fear, more calm. I've grown happier. Why don't I crave meat so often, like I used to?

**UV:** Your body today would feel far less comfortable eating the amount of meat you did as a child. You no longer feel comfortable being submerged in density.

**TR:** Is there a correlation to be made anywhere?

**UV:** The lower your vibration the more comfortable your body will be processing lots of meat. Those who do eat meat are not better or worse humans. To think in these terms is to be missing the greater picture of human evolution. Any self-righteousness is the work of the ego. Some of the most giving and generous and loving souls are among those who eat meat. They are simply more comfortable in a lower density of reality.

**TR:** What can be the potential negative aspects of a life associated with the lower densities?

**UV:** You would know as you used to live that way. In fact you spent many years of your life destroying yourself under the guise of entertainment. In your current societies, lower vibrational living often manifests as enjoyment through habituated self-destruction.

**TR:** You mean like alcohol and drugs and cigarettes?

**UV:** It is no coincidence that the humans who enjoy alcohol and cigarettes and chemical substance or identify with it the most, are usually the same people who eat the most meat. It is all part of a similar vibration therefore mutually attractive.

**TR:** So what is this bigger picture of evolution you speak of?

**UV:** One hundred years ago when the planet was vibrationally denser, hunting was often the only choice between survival and starvation. In such times, sacrifice of animals served your human expansion. Today your world is changing course.

**TR:** You're right. The more I delved into this journey of personal development and wanting to access more consciousness, the less my body craved such things. Come to think about it I also began wanting alcohol less around the same time, even my friendships

changed. Haha, strange. I didn't see the connection at the time. It wasn't out of a sense of duty or morals though, as much as I would like to say I did it for the animals, I did it for me. It just began to feel more natural for my body, like it was the way forward for me personally. Meat began to make me feel heavy. I wanted to feel lighter.

**UV:** It matters not what path you take or even why you take it, if it leads you to the same goal.

**TR:** So this is why I'm finding more and more people on a similar path to me in my social circles?

**UV:** By seeking this form of expansion, you also naturally attract those who are on a similar path and you begin to recognize that people you called friends years ago were in fact people bonded to you through a shared self-destruction through the same means.



**TR:** So we should all be vegan?

**UV:** Simply seek expansion for that which is in alignment with life. Labels can cause separation rather than unity. Those single minded among those who call themselves vegan, and wear it as an outward sign cause separation from those who eat meat, polarizing these groups away from each other even more.

**TR:** So what are you saying?

**UV:** Saying we are not *one* only serves to give meat eaters more cause to celebrate their meat eating and band together and this works to thwart the peace that is at the heart of the intention.

**TR:** So what is the answer?

**UV:** Full tolerance and compassion for your brothers and sisters. You do not further expansion by making an example of others. You serve expansion by becoming an example yourself. Appreciate everyone is on their own journey and they deserve the freedom to explore it as do you. Someone being at a contrastive stage in their lives has no bearing on what good they can do in this world as their life unfolds. Judgment and demonisation will keep the world the way it was. It is the difference between uniting through a common empathy rather than against a common enemy.

**TR:** You're right. It's so easy to try and advise others even though I'm no better myself. If someone had told me years ago to stop eating meat I probably would have eaten a burger in front of them out of protest.

Are there any hidden reasons why meat no longer sits as well with me as it once did? Is it connected to why I experience less fear and more calm these days?

**UV:** In your world the conditions most of these animals are kept in, causes them much suffering. There is ethical harvesting of meat on your planet also. This is still evolution in practice. However the majority of these creatures have no such respite. Therefore this vibration of slavery, suffering and fear passes into the very meat itself over time. Repeat exposure to this through eating it has a cumulative and compounding effect to keep those who consume indiscriminately to live within some degree of enslavement and suffering also.

**TR:** There is so much information here to chew on. It really does explain why a lot of people seem asleep or herded through life. Why can't we all just access our full consciousness?

**UV:** You are light. Incarnating into Earth's dense, physical reality however to inhabit a human body, has its price. Condensing light waves into flesh and blood means, in your experience, a lot of the etheric facets of your multidimensional self, the less dense aspects of you, float beyond the flesh part of you. This makes it more

challenging to access, especially if you yourself live a dense lifestyle laden with heavy thoughts, heavy emotions and heavy consumption.

## Chapter 4: Creative Being Human

**TR:** So the heaviness makes it harder to perceive the information contained in the lighter realms? That is so interesting. So it's just not there for us, like a file drawer, in human form?

**UV:** From your vantage point, it's the same as the experience that you forgot. You have no memory of this because the memory is contained in the higher, light realm. You can choose to incarnate more of it into your physical form and 're-member'. However it is a choice and one that requires awakening and initiative by intending to intentionally expand consciousness and cultivating awareness in every moment. The intention is integral. It literally integrates, giving you greater access to what you already know but have forgotten you do.

**TR:** Is there hope for us as a race, as a species?

**UV:** There is no hope.

**TR:** No hope??

**UV:** Hope is irrelevant. There is an increasing number of you that seeks expansion of consciousness. Once a critical mass of people, around 10% of your planet reach a higher level of access, everyone will begin waking up in an exponential cascading wave.

**TR:** Spontaneously?

**UV:** Like popcorn. First a few, then more, then the whole pot will explode into consciousness.

**TR:** Haha. That is a great analogy. So there's no need for hope just intention by an increasing collective. I like that. So if we chose this life but are not enjoying it can we change our mind? Can we create a new path despite the house or culture we were born into?

**UV:** Anyone can grow beyond their paradigm once they believe they can. Once enough belief is present you start to feel you can. The belief is created by the deliberate summoning of like thoughts. The thoughts lead to the belief. First you begin to believe you can. Then you know you can. Then you do. Then it's done.

**TR:** Whatever we want?

**UV:** All you are required to do is intentionally shift enough energy toward that goal. I make no judgment. I don't decide what will feel good or bad for you or what you want and don't want. That is all you. You have free will. I simply give you that which you give your most intense and repeated thought and energy to.

**TR:** Our intentions are creative?

**UV:** Your intention, your beliefs and your feelings are all creative. You are creative.



**TR:** I'm a creative human being?

**UV:** You are a creative *being* human. That is why it's so important you let your mind dwell only on what makes you feel good and serves to bring you closer to joy, to your calling, purpose and expansion. Make more good feeling decisions. Your life situation is nothing more than the germinating and growing of all your emotionally focused seeds of thought. The energy is incubated and collected in the quantum realm before it becomes dense enough to experience materially.

**TR:** So we are fully creating the life around us?

**UV:** The life around is you something else. The present you live in is the past you created.

**TR:** The past?

**UV:** You live in the past. The truly present is as of yet still in the phase of formlessness. It exists in the realms of quantum potentiality. It is yet to manifest. Anything in the manifest has manifested because it is already the past. It is past vibration resonating into matter.

**TR:** That's a bit mind bending. So if I got this right, we live in the past and our new creations are that which we still cannot yet see?

**UV:** If by see you mean with your eyes then yes.

**TR:** What other see is there?

**UV:** Within your imagination.

**TR:** I would like to come back to that imagination stuff. So much good knowledge here. Ok, how do we mere mortals create only good things for us to experience?

**UV:** Firstly, you are all far more than mere mortals. To say so implies both an end and limitation and speaking of it as such will reinforce such belief and solidify that experience for you. You are an infinite droplet of divine consciousness experiencing its limitless being, momentarily in this lifetime, in human form, by choice.

**TR:** I totally feel way more special, haha.

**UV:** To be human is to be special.

**TR:** It doesn't always *feel* special.

**UV:** Unfortunately the majority don't realise their own divinity and confine themselves to an existence of existing to survive rather than a life of truly being and thriving.

**TR:** So I must seek to create more good.

**UV:** I must clear something for you. It's not about creating 'only good things' as something that is in service to you and deeply good for you, may not feel good for you at the time it's happening. It's about *not* attaching to and identifying to what is, to the circumstantial, because the narrative you spin or let others spin about what is, is the illusion.

**TR:** I'm confused.

**UV:** Let life move through you and it will always seek both truth and its own expansion through you because that is the nature of life. So something that doesn't appear as good on the surface, as

judged by your five senses or judged by others because of their belief models, may actually be in full service to your greater good. What is in service to your greater good will also be in service to the greater good of others.

**TR:** How can I feel when something is for my greater good?

**UV:** It will resonate in your heart. When you dedicate your energy to that which awakens your heart, you awaken more life within you and this swelling of life has the power to awaken others. To awaken each other is to evolve. To awaken each other is to be in service to humanity and life itself. One cannot awaken by putting the heart to sleep.

## Chapter 5: Life's Guidance Systems

**TR:** That's beautiful, though what do you recommend in those situations that don't feel good? Does that mean things are necessarily working against us?

**UV:** Re-member your intuition. It often appears irrational in its nudges and impulses because it operates within the quantum realm of flow and does not follow a linear, effortful path like your brain. Your brain can reason its way through things in a series of processes, though your intuition can collapse your notion of time and bend realities into being by allowing you to slip into the subtle, energetic currents that bypass physical labour and effort.

**TR:** That all sounds pretty incredible. Truly. So sometimes we can feel guided, or know something is for our greater good, but things like break ups and losses still feel bad when they happen right?

**UV:** That is part of being human, to feel. It's not good or bad. It just is life within life. It's a very visceral simulation for you humans,

these concentric spirals of becoming. It is sensation in extreme effect. Expansion can cause the sensation of pain. Though to aid you in your human experience, the less resistance you have to what is, to what is happening, the easier things shall pass and the more fluidly you will reach a homeostasis and an equilibrium. Move from forcing things to be a certain way, towards flowing where the energy naturally feels like it wants to take you.

**TR:** The energy wants to take me somewhere?

**UV:** This may surprise you, but life is alive. Life is living. It is both a physical, metaphysical and spiritual ecosystem. There is intelligence in everything. Energy is intelligent. Your intelligence has little to do with your human tests for it and a lot more to do with your degree of access to the infinite intelligence that is all around you, at this very moment.

**TR:** We can access more intelligence?



**UV:** The cleaner and more aligned your human vessel, the more of this intelligence you can connect to and the more you allow to flow through the crystalline structure of the water within you. You may experience this as beginning to have more frequent and better ideas.

**TR:** You really go deep. Whooo. Still so much to learn. I'm going to have to mull over this a few times I think to fully get it. Ok. So again, how do we create more good things in our life then? It often feels like we have no control over our circumstances.

**UV:** Anyone can rise to great heights from any perceived squalor. You were born with a very special device, an inbuilt guidance system that is so powerful yet most never realize the true function of.

**TR:** Device? What do you mean?

**UV:** Your emotions. Most people live, thinking their emotions just indicate their current mood and state - blissful, disappointed, tranquil, enraged and so on. This is not the true function of your emotional guidance system.

**TR:** Emotional guidance system?

**UV:** Yes, a great gift, ingenious even. It works very, very simply. When you are feeling good, you are in the process of creating and attracting more good feeling things into your life. When you are feeling bad, life is providing you the contrast to see how you would rather live, though if you stay in this state, you are in the process of creating and attracting more bad feeling things into your life. That is what your emotions are actually there for. They are a simple yet complex, wonderfully intricate, compass.

**TR:** I never thought of it that way. I always thought my feelings were just feelings, part of being human?

**UV:** Your continually updating feelings are a clear indicator of what you are calling forth into your life experience. They work in unison with your intuition as your intuition often communicates through feelings as well as voice and impulses to action. It's a continuous feedback system.

**TR:** So what about when negative things happen? Sometimes it's hard. I try hard to not feel down or upset.

**UV:** Feel. Accept. Then let it pass. No need to resist. Emotional trying is resistance.

**TR:** So allow the negativity?

**UV:** Let's review your concepts of negative. Sickness is not necessarily negative nor is pain. These are simply experiences of life and can be transitions and catalysts for huge awakenings and growth. They are indicators. The contrast allows you to clearly see

and feel what is important to you and what you want to experience more of instead.

**TR:** I hear you, though it's hard to just shrug off pain or heartache as an indicator. I can't imagine one of my friends coming to me after my heart-rending break up earlier in life and saying, "Hey, it's ok, all this excruciating pain is just an indicator, relax!"

**UV:** Yes, these things can feel negative and world-destroying while caught up in them. Practice becoming the observer of the feeling rather than identifying with the feeling itself as being you and it shall pass much more easily. Some things must run their course. Awareness and consciousness will speed the process up as the consciousness will allow you to learn the lesson faster and once the lesson has been integrated there is no need to keep being bombarded by the same test. Life is soul school. There is no failure. However, you will be faced with the same tests over and over again until they are learned, integrated and a new expanded standpoint established to share with others.

**TR:** Soul school. I like that. Some classes suck. Ok. I will try, I mean, not try, I will *allow* myself to be the observer more and more.

**UV:** You have another gift to help you on this aspect of your journey.

**TR:** What's that?

**UV:** It is the buffer of time. I said you are always in the process of creating and attracting, however without enough focused negative thought and emotion, those feelings will not manifest into a negative, physical experience. They will remain immaterial. This is where your concept of time plays a role. It takes 16 seconds for a thought to be joined by another thought like it. So every 16 seconds one remains on a particular train of thought the more steam the train builds. Many like thoughts begins to create momentum. For most of your planet this is negative momentum.

**TR:** Ok, I'm listening.

## Chapter 6: Fear Farming

**UV:** Human beings have evolved to pay particular attention to what feels bad and negative as it was key to ensuring the survival of your species in more primitive years.

**TR:** We're programmed to observe the negative? I knew something was malfunctioning in the system!

**UV:** Yes though it was for good reason. It is time to evolve out of that however as it no longer serves the expansion of humanity beyond this point.

**TR:** So how did being negative help us live?

**UV:** For example if you saw someone around you eat a berry and then fall violently sick, your mind would pay close attention, branding that moment in your memory, so as not to repeat the same mistake therefore ensuring your safety and survival. This was extremely useful, then. It is also how fear works. If you hurt



yourself, your mind and body remember it. A holographic imprint of it is created during that moment and it is stored on record. It's the body's self-preservation program.

**TR:** So fear is not bad?

**UV:** Move beyond the narrative of good and bad. Fear like many other things, is an indicator and it can be a useful one.

**TR:** How?

**UV:** It is there to warn you of potential danger. It would serve you well to make a distinction. Fear and real, present danger are not the same thing. Fear is the projected image that something could potentially be dangerous or pulls up the record of a similar looking situation from the past rather than an actual danger itself.

**TR:** Ok so fear and danger are two different things.

**UV:** Fear exists as a memory from a past experience or a projection into the future. It never exists in the present. Fear is illusory.

**TR:** So I should be aware to not feel fear?

**UV:** It is more a case of noticing when it is being used to create a behavior or manipulate your choices. In your current world, especially among societies living in more vibrationally dense matrixes, fear and negativity are used against you. What began as a useful tool to ensure the survival of your lineage has since become a tool of coercion by select groups.

**TR:** You're right. I used to watch TV in the past and I noticed the more I watched, the easier it seemed for me to be fearful and negative for greater lengths of time. Commercials got me wanting

things I didn't have. It's like, the demand for those things was manufactured along with the products themselves.

**UV:** The race for extrinsic amassment will not satisfy you or anyone. This is the false human race being run today. Your species, as human, are intrinsic beings. You seek connection, creation, collaboration and contribution. Anything less is to lose the human race.

**TR:** That's an interesting way of looking at the human race. I guess many of us are racing off a cliff it seems.

**UV:** You will find it is much easier for most people to spend longer periods of time focusing on negative, fearful things than positive things. It's in your survival programming. This knowledge is also in current times being used to program you because those who are fearful do not rise. A manufactured desire to outdo each other inhibits the collective mind from supporting collective growth, as

nature does by design. By knowing this however, you can override it and again become a part of nature.

**TR:** So how have we been conditioned to treat negative situations as opposed to positive ones in our societies these days?

**UV:** When things are bad, you dwell on them yet when things are good, you let the feeling just wash over you without much acknowledgement. You can override fear with calm awareness and inject more consciousness into any situation to pick apart the truth from the illusion it's cloaked in.

**TR:** Back to illusions again.

**UV:** Please heed these next words, they are vitally important to the enjoyment of your life experience. If you wish to create a positive life you must invest the majority of your waking time into thinking and feeling positively, emotionally visualizing a better feeling

reality, no matter what your current circumstance or visual evidence is to the contrary. Do so ceaselessly if you can, until you overturn the old programs and a positive base state becomes your dominant modus operandi. This takes dedication to achieve because if the majority of the people around you, all human creators, are running a fear program, they cast it like an energetic net in the air and those in proximity can get tangled in it more easily. It grows stickier the more it's accepted by the people.

**TR:** Skynet. Sorry, Terminator reference. So what's the opposite of being a creator?

**UV:** Being the negatively created upon. Apathy. Allowing others to create an undesirable reality for you. This of course is an illusion, though its level of mass acceptance makes it feel very real for those ensnared within it. This fear net also gives rise to a false sense of safety and belonging. There is a feeling of all being united or bonding through the hardship.

**TR:** Ok. Thank you. I'll be more aware from now on. So I must do my best to put myself in a place of positivity as often as possible and acknowledge these moments with energy, even if things around me don't always look or feel positive?

**UV:** Yes. Bring awareness to them and give thanks for them. What you see is not what you get. What you think and feel about what you see and what you think and feel about what you cannot see is what you get.

## Chapter 7: Trust and Presence

**TR:** What I feel about what I cannot see?

**UV:** Yes. You can see what you cannot see through the use of another engine in your creative machinery, your imagination. That is what its use is yet many discard it after childhood. What you can see and feel through your imagination and conjured emotions is of far greater significance to the unfoldment of your life than what is around you in the material plane.

**TR:** Is this because the material has already manifested and is already the past?

**UV:** You're getting it now. You are currently living in the past.

**TR:** I'm living in the past.



**UV:** Well time is a construct anyway, though for simplicity's sake, everything around you, your furniture, room, clothes, possessions are all from the past. They were made and became manifest in the past. Therefore they are representative of your former vibrational state and will only be perpetuated into your future through willful inclusion by you and the choice by you to do so.

**TR:** So if I see things around me I don't like or would like to change?

**UV:** Then you would do well to not feed those things with continued energy and emotion and shift your vibration to something other than that of your surroundings.

**TR:** Let's go deeper. So how do I live fully in the present then if I'm surrounded by the past?

**UV:** You live in the present moment by conscious awareness that you are presently creating the reality you will live in tomorrow, through your vibrational offering.

**TR:** So if there are things around me I no longer want?

**UV:** So if there is something around you that you wish to leave your experience, turn as much of your observation and emotional energy away from it as you can. Don't focus on not focusing on it. That won't work. Simply focus on something else. If there is something you wish to have that isn't already around you, create it within your imagination and your emotions as if you already have it. Play pretend. Feel the joy of knowing just by directed thought and emotion through imagination you are in the process of creating it and pulling it into denser, material experience.

**TR:** So I choose what I want to carry into my future. My true present situation is the one I'm feeling into rather than what I'm

seeing around me, as if I can see it physically then it is already from the past? That is truly fascinating. I know I'm repeating myself here but what if things around me happen to be really tough or I'm suffering a tragedy? It can be a lot harder to just turn energy away from it.

**UV:** Remember your degree of continued suffering is in proportion to your levels of resistance to what is. What is, is. Change is inevitable though transformation, is a choice. A moment of turmoil or pain becomes transformation by injecting it with enough awareness to see its design for your growth. You then have a choice to grow, release what doesn't serve you and flow.

**TR:** Passing clouds right? Easier said than done sometimes, but I guess I can practice doing that, even when things turn serious.

**UV:** Practice who you want to be not on what you think you should do. Let doing be a response to being. Human desire to enslave

everything, to control it, makes life serious. You call it ownership. You think you own land and earth that existed long before you. You try to possess each other and to control other life. You measure your spiritual worth against what you think you physically own. You feel hurt or turn violent when your animals and people don't comply with the terms and conditions of your trust. The terms of your trust are the terms of your slavery.

**TR:** Betrayal of trust can be seriously painful.

**UV:** Life is growth. Your trust is an order of punishable compliance of another, to your way. Nothing is serious. All is there for you, but you *own* nothing. You are in a spiritual simulation; a multi-soul, roleplaying videogame. You choose a character and incarnate in, to play and learn with other souls. You unlock new skills and move up levels. When you finish the game, you upload your experience and start over as someone new. Have fun and *play* with life. Be fully present. Always seek to grow. Connect to the true presence of to what is and all will unfold like magic.

## Chapter 8: Rising in Love

**TR:** So what does being truly present feel like?

**UV:** Feeling presence is like feeling love. Imagine you meet a wonderful person for you, a soulmate, and you rise in love.

**TR:** Sorry, rise in love?

**UV:** Yes, you are not falling in love because the love is amplifying your vibration, so you are rising. It is that feeling of connection to all that is.

**TR:** Being present is like being in love?

**UV:** The process of rising in love is the sensitising to the connectedness you have with all living things but may not always feel. You begin to notice the details, intricacies and splendor that surrounds you. You become more passionate and compassionate.

This increased conductivity of energy creates a feedback loop, a heightened connection with nature. It is a relationship in the truest sense.

**TR:** That sounds wonderful for those lucky enough to have that.

**UV:** There is no luck. You cannot be unlucky, as any contrast you experience is only an indication that you are out of alignment. Once you align your energy with who your soul is yearning for you to become, you will grow, in your eyes, far luckier in life.

**TR:** What if we don't have such a person? What can we do to attract them?

**UV:** Rather than doing, start being. Be on a quest to be, increasingly whole. Even if you don't have such a person to love in your life right now, you can summon their arrival through who you are being. The doing will be an expression of your being.

**TR:** I'd love to just *be*, but that's too conceptual to put into practice sometimes. Is there anything we can actually *do*?

**UV:** You can induce feelings of love first by using your imagination to preview this new life. You can imagine how this person will make you feel, knowing they are there for you, that they **see you** and love you for all that you are. Imagine what it feels like to make them happy, to make *love* to them and all the ways you will make them feel special in this world. Imagine the sense of security, ease and excitement around them. Feel the affection move through you. If done sincerely it will radiate through your being. It will animate you. Your actions will then become that of someone in love and then that love will find you.

**TR:** I feel happier just listening to that. I see what you mean now about how the being creates the doing.



**UV:** That person will be inexplicably woven into the tapestry of your experience and the threads of impulse will guide you straight to them. The energetic transaction must be honoured. It is law.

**TR:** There is *always* a receiving for this energetic giving?

**UV:** Provided you maintain it long enough to become your dominant vibration, yes. It is your dominant, vibrational offering on any matter that begins to materialise. You can go and buy a suit to feel successful, however you can also conjure feelings of success, play in that feeling using your imagination, with no physical or material evidence and then the suit or something like it will come to you. It is law.

**TR:** That's really got me thinking ...and feeling actually. I will focus more on becoming aware of what my dominant vibrations are on the subjects that matter to me and choose them more intentionally. Thank you. So then, what is being in love? What's

happening within us? You mentioned it's being more present and being more connected to nature, but then why does *that* person become special rather than someone else if we are connected to everything?

**UV:** Being in love is moving closer to the vibration of source. It is the deepening of your ability to *feel* the connection to everything that is always present so therefore becoming presence itself. When you feel in love with someone, you feel not only more connected to them, but to everything, yes. Everything takes on a childlike wonder. The world saturates and grows more rich and bright through your gaze. Your beloved lights up your day. They become the gateway to a heightened sensitivity and awareness to the feeling of truth. You love them for being that gateway, that access point to the truth.

**TR:** What truth?

**UV:** That we are all one and you do and have always been a part of that connection.

**TR:** Is there any advice you can offer on how to choose the right partner for us?

**UV:** Yes. Take no advice. You might all share a planet but you individually live in different worlds.

**TR:** Brilliant, haha. So no guidance at all, even from you?

**UV:** Be guided from within. However, serving as your guide, I would say choose those individuals who better mirror the human you are stepping into becoming, rather than those who are an echo of who you once were. Invest time with those who compliment your life rather than those who complicate your life.

**TR:** Yes! I much prefer my life complimented. People are always telling us who they think is right for us. That complicates things.

**UV:** They are telling you who they believe to be right for *them* based on their level of consciousness. The more you allow your true consciousness, your essence, to incarnate into you, the more you will attract individuals who offer lessons to deepen and expand your living and your learning. It means you are outgrowing your current state.

**TR:** Speaking of lessons, can you talk about self-worth? It seems to be a common theme.

**UV:** If your lesson is self-worth and you do not pass life's tests to prove you have it, the results can be very painful. If the lesson is not learned and integrated it grows more severe in nature and repeats itself more intensely, to show you your misalignment with your true self and to free you of that negative bond. This

ultimately, though it may not seem so at the time, is for your greater good.

**TR:** Can you give me an example of a self-worth test in life?

**UV:** Lack of self-worth can manifest in a lack of abundance, a denial to the flow that is there. If you increasingly doubt your self-worth, life may also give you a relationship that turns abusive. This is will be a chance to claim your power and prove you see yourself as deserving of better. If however the relationship ends with you having not learned and integrated this lesson, you may soon find yourself in another abusive relationship and then another. It takes consciousness to see the tests for what they are. Many people do not and simply feel punished. Each test however is a chance to expand. Expansion yields fulfilment, greater happiness and a more rewarding life.

**TR:** I would rather avoid such suffering. How do I recognize these tests of life and pass them?

**UV:** Life lessons can be identified as moments that test your character and values. They give you a chance to prove who you are, to yourself. You can flow as a stream past the rocks of pain by embracing each test, this way only glancing their jagged edges. You may receive a few small cuts and bruises but you will heal stronger. Show up in your highest nature by responding with emotional maturity rather than reactivity and defending the ego. Heed lessons early. They will stretch who you were and who you are. That is the very nature of expansion. However, the pain you speak of will be fleeting, rather than ongoing grief and suffering.

**TR:** What about those people who just seem to attract negativity even though they are positive?

**UV:** Many beliefs are subconscious. What you speak of also, is the playing out of karmic cycles and bonds. These can be accrued through past incarnations and experienced as spiritual residue and energetic debris in this lifetime. There are also soul agreements, where you and a collection of other souls, prior to incarnating, have agreed to play certain roles in this lifetime.

**TR:** Like a play? Wait, why would we do that? Why incarnate into a peasant, or child from a broken home?

**UV:** You have had thousands upon thousands of incarnations. Your soul is studying. You incarnate as what you would call 'less' in order to savour the journey of becoming 'more'. Something given is not appreciated like something created. You have agreed to do this to all deepen your study and experience of life.

**TR:** Still though, can we free ourselves of these bonds?

**UV:** The more you grow conscious and rise in vibration, the more energetic debris will loosen and fall off and you can then choose. You have an example of this in your human technology.

**TR:** We do?

**UV:** A metal rod vibrating intensely enough can pulverise even the hardest stone around it. When you incarnate enough of your consciousness and awaken, you have the possibility to command your own destiny for this life and write your own story as a free soul. Conversely, when you are asleep and unconscious, you may be subject to past karma, like a dancing marionette unaware of its own strings.

**TR:** I see that. I totally see that. So many strings I've cut over the past few years, maybe some more still to go. I had a tough time trying to belong, anywhere, especially earlier on in life. I often went to parties alone.



**UV:** Unresolved karma usually appears earlier on in your lifetime, as sufficient conscious awakening has yet to loosen and sever these ties. However, you are and were never alone at the party. All of you are on Earth together. When you go to a party, you are there with everyone else. You simply didn't see it that way because they were new people to you. Remember the people comfortably positioned around you will be of a similar vibration to you. If you open conversation with them you'll find you do all belong together. Whether it's an unspoken or a spoken belonging is up to you. If the vibration was too far apart something would happen to make one of you leave or the group would disperse.

**TR:** Ahhh, flashbacks. I remember a time when I used to hope and wish for more connection, to friends, to girls, even to myself. These hopes and wishes went unanswered for so long. It's only more recently that things have begun to take shape.

## Chapter 9: You Create Accidents

**UV:** That is because only recently have you stopped hoping and wishing for them.

**TR:** Ok you've lost me.

**UV:** You've found me. You used to hope and wish, as millions of people do when they want something. So many prayers fill the air all the time. For example I hear many prayers of people wishing they had more wealth.

**TR:** So why can't you just answer their wish for more wealth?

**UV:** Sadly for them, their devotion is fixed upon the feelings and thoughts of not having it that's why. They're thoughts are, "I wish I had more" and, "I wish I wasn't in this situation". Those prayers, a misnomer is this case, send out strong vibrations of lack and worry. Thus they are inviting towards them the corresponding physical counterparts into their lives which in this case are the

manifestations of lack and worry for them to experience more of. The more they fuel this the stronger the lesson becomes.

**TR:** Leading to finally what, for example?

**UV:** This is why people experience what most call accidents and catastrophes. The lessons were being communicated to them earlier on, more gently, but when the awareness of the person does not see it building up, the lesson intensifies, as mentioned. This is why people often change their lives after a major accident. It literally, wakes them up. The lesson becomes too strong to ignore any longer.

**TR:** Are you saying we can literally avoid major accidents and collisions?

**UV:** Heed the signs early on. Look for the lessons. Observe the way life is communicating to you and through you all the time. The

accident is a collapsed magnifying of the energy that built up to create it. It is a climax of the feelings leading up to it. If you strongly experience an intense emotion, you can often trace back through recent events and experiences that caused milder versions of those same emotions. There is an emotional crescendo.

**TR:** Can you give me an example?

**UV:** When you experience long bouts of anger, resentment, frustration and corresponding emotions, you are heading towards some form of accident or more accurately, wake up call. When the accident finally happens you feel an intensified sense of anger, resentment and frustration, the very emotions that collected over time to cause it in the first place. The accident is the climax of the crescendo. Then through the catharsis following it, provided there is awareness, a change of path occurs.

**TR:** So the feelings cause, let's say a car accident?

**UV:** Everything is connected. The low vibrational feelings might make you act or respond less than optimally in a split-second situation that requires calm presence and alertness. Your human condition at the time is wracked with emotion. You may miss an upcoming hazard, drive too fast out of anger, swerve violently out of frustration and be too distracted to avoid a small obstacle in the way that would have been no danger under neutral circumstances and so on.

**TR:** I really feel what you're saying. When I think about it, major moments of hardship in my life were often preceded by similar emotions over time. I think I'm beginning to get these concepts. Can you explain how things manifest in more, say, scientific terms?

## Chapter 10: Rendering Reality

**UV:** Science is always proving, disproving and improving itself. What you think you know or have been taught may be far from what is. However, let's begin elementarily. You have been taught every particle of matter which makes up your world is made up of energy.

**TR:** Yes.

**UV:** Herein is the key. There are no real solids, only dense clusters of vibrating particles held in place with strong, binding forces. Even those very particles, the building blocks of matter, are themselves energy. There is no solid thing called matter. Energy is resonance. Energy is vibration, like sound. In your ancient scriptures it is written, "God said, let there be light." Therefore the speaking, the command for there to be light preceded the light itself. It is the frequency, the resonance that creates your world. Almost everything you think you see, more than 99.9999 percent of it, is nothing more than empty space filled with unseen energy. The matter isn't. The matter is almost not even there.



**TR:** What does that mean?

**UV:** It means by your worldly definitions of whether something is there or not, you are all taking part in a sensory hologram. Since your senses are what you have to interact with the world, you perceive it as real, as reality.

**TR:** This is a lot to comprehend. Can you give me an example, an analogy for this hologram? Say, something I can relate to from my own life?

**UV:** You studied 3D Animation at University.

**TR:** Yes.

**UV:** You modeled your virtual worlds using 3D software on your computers.

**TR:** Yes I did. We all did.

**UV:** You all still do. Your imagination is like your 3D software. You use it to pre-visualise. The electric charge of your thoughts and the magnetic charge of your emotions is like the electricity that powers your reality creating computer. When you send out a pulse containing a clear virtual hologram, a clear vision of what you want infused with magnetic emotion of how it will be to experience, it is like you are pressing a button.

**TR:** What button would that be, in relation to computer software?

**UV:** The button would say, “render”. Your creative command begins the process of rendering reality, from the pre-visualisation in your mind, in the formless, in the quantum and metaphysical realm to the material, experiential realm. The time delay between this pulse and the moment you experience it, is the rendering process.

**TR:** Wow. That is soooo cool! I've never thought of my imagination as 3D modeling software. That makes sense to me. So in light of that information then, our world is what?

**UV:** Your world can be likened to the collective rendering of all of your connected, creative bio-energy. You all take part in rendering it, even though you have individual ways of interpreting what you see.

**TR:** So we are all part of, in 3D modeling terms, a render farm, where you have a network of computers all connected, all performing parts of the same 3D rendering task like they do for the movies? Oooh, I'm getting goose bumps. So how does this relate with hoping and wishing?

## Chapter 11: Heart and Brain

**UV:** Energy holds everything in place from the planets in their orbits down to you and your cells, which, incidentally, are the micro reflections of solar systems and galaxies on the macro scale. This is why you experience yourself having a finite body. You don't fuse with the bed you sleep in at night any more than you walk through walls, yet anyway, as you are all still very dense and materially separated. The charge that holds these things together doesn't permit it because you are still developing your comprehensions of what this reality is and what its rules are. You therefore experience this as physical and immovable law.

**TR:** Ok I think I'm with you so far.

**UV:** Your brain, which is electric in nature and your heart which is magnetic in nature, work in unison, therefore magno-electric, to transmit and receive energy.

**TR:** Not electro-magnetic?

**UV:** Magno-electric. Your heart takes precedence. It is the first part of you that forms in the human womb for a reason. This magno-electric energy is the same source energy your world is made up of on a quantum level. It is measurable and quantifiable.

**TR:** Ok tell me more. I want to really get this.

**UV:** Your brains, Earth's most powerful electric transmitters and receivers of source energy, first dial in the correct frequency by holding the desired image in mind. In other words, what you imagine and see in your mind's eye is what you are dialing to and what you attract. Your heart feeds your thoughts with magnetic emotion greatly increasing the image's intensity and energetic charge. Your thoughts are like ships that ride on the oceans of your emotions, literally your energy in motion and without them to sail on, the thought ship stays beached and effectively goes nowhere.

**TR:** What if we get the frequency wrong?

**UV:** You don't need to worry about the frequency as it is automatically tuned in by the image. If you can hold the image then you hold the frequency. You charge it with emotion. You then pulse this energy outward, broadcasting it everywhere magnoelectrically. The pulse happens automatically when a strong enough feeling is created. The longer you hold the hologram, the metaphysical image, clearly in mind and the longer you feel the feelings of having the real version of that image, the more powerful and therefore attractive you become and the faster the rendering of it into your reality.

**TR:** Ok I'm with you. So what about other people wanting different things? How do we all get what we want?

## Chapter 12: Your Nature is Abundance



**UV:** There isn't and there has never been a shortage. Nature is abundant by nature.

**TR:** There are millions going without food and water though?

**UV:** Nature is abundant by nature. There is and always has been plenty. Greed and manipulation in the hands of the self-serving, have placed the many in fear. Though the many must believe in this illusion for it to appear as truth. They do and in thus doing, continue to render the collective illusion of scarcity.

**TR:** So then what is the truth of this abundance?

**UV:** There is no scarcity. There is merely a manipulation by humans of the ports of access to and the distribution of the abundance that always is. Several hundreds of years ago your species was trading beads and stones and now they are splicing genetic code and creating stations in space. The resources today

were the same as those hundreds of years ago yet look how much your race has advanced? There has been no mining of materials from somewhere 'else' ergo the resources have always been the same. Nature is always in favour of its own advancement. Life propagates itself and proliferates. That is what life does. That is what life is. Unfortunately for the many, the self-interest of the vibrationally-dense few, who have assumed positions of power and authority, have created this illusory monopoly. The many buy into the illusion therefore rendering it as a truthful reality of scarcity to which they are subordinate to.

**TR:** Is there something we can remember about our abundant nature to help us snap out of this?

**UV:** Nature is abundant and you are nature therefore abundance is your nature and your nature is abundance. Grass and leaves and fruits grow innumerably. There is no rationing out by nature. The plants release oxygen for you to breathe and absorb carbon from your breath. The waste that moves out of your biological system

can be used to grow more food for you to eat. The sun shines on you and the ants and worms with no preference, no discrimination to who is more qualified to receive its gaze. To the celestial bodies of wind, warmth, water and earth you are no more or less deserving of their offerings than any other mammal, bird, insect or fish. You all deserve it all because you all are here. Self-manufactured seniority and superiority by others to control others is illusion. Your delicate symbiotic relationship with all there is around you raises no question of worthiness to have it. Therefore scarcity is an illusion and one you voluntarily allow.

**TR:** Wow. Thank you so much for that. That almost brings a tear to my eyes. Like, it hits me in my core somewhere. I feel those words. So how do other people play a part in what we want if they also want their own things?

## Chapter 13: The Universal Orchestra

**UV:** As your human energy is magno-electric in nature, it is received and picked up by anyone and anything, anywhere, instantly, that has a corresponding or contributing frequency or vibration.

**TR:** Instantly?

**UV:** Yes. Resonance or you might say 'sound' as that is what sound is, moves faster than the speed of light. So now, all these vibrationally congruent agents, like musicians in a great orchestra, all play their part, with their unique contributions, to bring you what you are broadcasting. As you are also vibrationally aligned to them through intelligent and intricate, mathematically perfect design, you too play a part in bringing them their desires, though you may not know what part you play.

**TR:** Mathematically perfect?

**UV:** There is a mathematical precision and structure to everything. Nature is mathematical. Precise, geometric shapes patterns and ratios can be found everywhere. The equations behind all of this however are so relatively complex for most humans that they appear as organic or random.

**TR:** I like that. I'll pay more attention to the design of things in future. So if we are all like musicians playing a part in each other's lives, what part do you play in this orchestra?

**UV:** I'm the maestro, the conductor. I line up everyone and everything so that it all fits together, through beautiful synchronicities and inconceivable chance and charm. Put simply I make things happen in the right place at the right time for those in alignment.

**TR:** And for those out of alignment?

**UV:** When you are out of alignment there is still great orchestration though now you experience what feels like chaos, obstacles and blockages. This is also by design, to show you that you are facing the rocks rather than flowing with the stream.

**TR:** I see so the chaos is also there to guide us! So what part am I in this orchestra?

**UV:** For others you may be an instrument, for yourself however, you are the composer. By holding the energetic pre-experience and allowing it to resonate through and from your human form as a broadcast of elevated emotion and imagining, all the different elements around you, placed there with magnificently fluid precision, unwittingly begin to play chords and melodies in your chosen symphony. These magnetized and emotive, metaphysical creations attract their denser physical expressions to you and honour the energetic transaction. Given enough time and space for all the elements to work their magic, for the symphony to play out, what you have vibrationally become, is always yours to

experience. The piece of music is written by you, but it requires the orchestra to play it, before you truly hear the music. You are inextricably linked to everyone and everything. You never can or have ever done, anything alone.

**TR:** This is incredible stuff. I'm really beginning to understand this on a much deeper level now. So you mentioned time? What part does it play in this grand orchestra?

**UV:** Time is the rest in between inhales and exhales. It is a part of the respiration system of life's unfolding expressions. The added buffer of time is there to give you the chance to decide if what you are continuing to broadcast and attract is truly what you want.

**TR:** Is this because we often think of things we don't want?

**UV:** If everything manifested instantly, your world would be in utter discord and chaos. It would be like ordering something



savory to eat and also wanting something sweet for dessert but having them both mixed together in one bowl and served up to you. It would be like experiencing all of the relationships that you are to have over this lifetime all at once together in the same room. There is magic in gradual becoming, in the journey of learning and unfoldment. You do not wake up in the morning and expect to take one huge breath of air to last you the whole day. You breathe naturally with time. So your experience must also breathe naturally with time. The peaks and troughs of your waves do not collapse into one polarized dichotomous moment. Imagine being freezing cold and sweltering from heat simultaneously. What you call time answers the question: Is this the current symphony you want to continue to compose, to listen to more of?

**TR:** Thank you so much for sharing all of this. So I really want to make sure I understand the magno-electric broadcast in a bit more depth, the creative pulse you spoke of. When you say these emotive thoughts are broadcast, do you mean like a radio or cellular phone transmits and receives signal?

**UV:** Far more divine than that, though it is an acceptable parallel. Your signal does not weaken across distance as there is no distance and it is broadcast in all directions at all times and is received instantly, everywhere. You can influence your past by choosing to interpret it through a different lens in the present, therefore changing its impact upon your present and your future. This source energy passes through all the interspaces in the multiverse.

**TR:** Another mind bending concept. I can influence the past?

**UV:** Yes by virtue of how you choose to observe it. It creates an alternate timeline which you begin to step into in the current moment. This is a multiverse. The more you raise your consciousness the less you will be bound to play out karmic patterns and the less you will be subject to destiny and fate.

**TR:** That is such an exciting prospect! Ok from now on I choose to interpret everything that ever happened to me in my past as good

for me and expanding my awareness. Boom. Haha. Some things I'd prefer to forget though. Anyway, so this broadcast, this signal, it penetrates everything?

**UV:** Your thoughts and emotions transmit and receive energy through walls, across any distance on the planet and are felt and received by others instantly. The more positive spectrum of emotion is expansive in nature and has a farther reach. The negative spectrum of emotion has a more contracted reach. It is literally against nature. This is why one person vibrating at a high frequency can begin to trigger consciousness in those around them.

**TR:** So everyone feels these broadcasts?

**UV:** Most aren't tuned in enough to consciously detect this, though when a large enough collective of people share a similar vibration yes it fills the airwaves, for better or worse. Those more vibrationally in-tune energies and people with your frequencies,

play larger parts of the mathematical equation that creates the expression of your life. These magnetized and emotive images in your mind attract their physical expression and realization back to you and given enough time and space for all the elements to play their parts, what you broadcast always becomes yours, also for better or worse.

## Chapter 14: Vortexes and Momentum

**TR:** I've read before that we are like magnets constantly drawing our emotionally charged thoughts' counterparts into our lives?

**UV:** You are far more than a magnet. You are all toroidal, spiraling generators and vortexes. You pull things towards you like a whirlpool. A whirlpool pulls things in from the distance and what is on the outer reaches appears to move slowly. As it grows more concentric, the energy increases, it spirals faster towards the epicenter.

**TR:** What can we call that speeding up of things as it gets closer to us?

**UV:** The law of momentum.

**TR:** Momentum? How does that work?

**UV:** This works for positive as well as negative thoughts and experiences. A slow moving obstacle headed toward you is not very dangerous. However, as it speeds up it becomes more dangerous. Imagine for example a baseball being tossed gently towards you versus being pitched at you with force. The baseball is the same. What changes is the momentum, which changes the influence of how the ball can affect you.

**TR:** Ok I understand that analogy, though how does this ball relate to our experience?

**UV:** Let's use another metaphor. When you begin having negative thoughts, they are on the edge of your whirlpool, they are far away and relatively harmless.

**TR:** Ok, I think I see where you are going with this.

**UV:** As you feed those negative thoughts they draw close to you, new negative thoughts are added to your outer reaches and begin drawing in also. As the negativity builds, momentum is applied. The more energy you put towards these thoughts which by now are so cumulative that they begin to manifest as negative things, the faster and more forcefully they are drawn towards you.

**TR:** Then what happens?

**UV:** Unfortunately by this point, even if you stopped all negative thought, everything still continues, as there is already so much momentum behind it. Life is already a negative set of experiences as so much negative momentum has built up that even by just standing still the whirlpool is still spinning. Then, all those baseballs hit you square in the face to make you wake up.

**TR:** Ouch. That sounds really painful. So when we notice things are so negative what can we do? No one wants to get hit in the face.



**UV:** Start spinning the pool the other way irrespective of what has already manifested into the material. Build a positive spiral, though be aware that you will first have to dissipate the negative momentum or let it crash and resolve, like a climax then catharsis. The energy must go somewhere and there is often no sudden change of direction. If there is a sudden change of direction it is preceded by a crash of some form, a break up, an accident, a loss and so on. This is why negatively positioned people find it hard to become positive. They are literally swimming against the negative current they have created and it takes times to decelerate that negative wave back to natural before they can begin spinning the vortex the other way. Also the neurons in their brains have wired that way as that is what they've trained themselves to be like.

**TR:** Again, that is so clear now that you explain it. I never thought about momentum before.

**UV:** The good news is that this also works for a positive spiral. By being, thinking and feeling positively and interpreting what you

see through the lens of a student of life, learning by contrast that which you would rather experience more of, you begin positive momentum. As this accelerates, you see more evidence and cause to remain positive. Your neurons form new connection and so with practice, your life becomes magical as more and more momentum is applied. With time less effort is needed to remain more and more positively charged.

**TR:** So no matter where we are in life we would do well to begin to spin these vortexes positively, in our favour. Thank you. How powerful are these vortexes once they've built up?

**UV:** These vortexes are so strong that with enough momentum, they shift any amount of people, circumstances, events and objects around you effortlessly to bring you those things which you devote your most focused energy to. This is why you describe charismatic people as 'attractive'. You say things like, "I was just drawn to them". As there is no physical distance in vibrational terms, you can think of someone anywhere on the planet and if you do so

intensely enough and back that with emotion, they will feel it and also think of you. They feel your vibration from anywhere. Mothers feel when their young are in danger no matter how long ago they left home or how far away they live. This is why some people make you feel good just by being around them or you can walk into a room and say, "I don't like the vibe here". You are designed to respond to energy, to vibration. This is also why superstars of the stage were often also as kids the same people who would sing in their bedrooms and imagine themselves performing in front of huge audiences for years. They built imaginative momentum. They focused for long enough for their vibration to shift and become a match with the superstars they imagined themselves as and then they lived in those feelings long enough for it to materialize into form.

**TR:** Ok so it all starts with our thoughts and we must be discerning to whether or not they have a positive or negative charge so we don't get our whirlpool spinning in a direction that we don't want. After some time momentum will make it harder for us to stop

things that are already actively spiraling. Ok, I'm getting this all down.

## Chapter 15: You are Chosen for Ideas

**UV:** Yes, in essence, though let us make the distinction between a thought and an idea. A thought can be a worry voicing itself in your mind for example. You have tens of thousands of thoughts every single day. They are of little concern individually. However an idea is usually an impulse to create or do something in life. A thought on its own has little power if not fed. Let the dark ones pass like grey clouds overhead, as an observer not as part of that cloud. However, an idea is you being chosen as a custodian of that idea, due to a match in vibration. You have been selected by the intelligence of life as a potential bearer to bring that idea into reality. Therefore, in order for you to receive an idea in the first place, there must already be enough collected energy in the field.

**TR:** I thought *we* had ideas? Why would life select people to have ideas?

**UV:** Life's intention is always its own expansion. Energy to create something new in this world must be sufficiently aggregated first, before you can experience it as what you think is *your* idea.

**TR:** So an idea isn't the beginning. Ok, so what does that mean, that there is already momentum behind the idea?

**UV:** An idea is you being able to access consciousness and intelligence that is already present in the collective field. It means that life already wants it to be so. You can flow with the current of the idea and make it manifest or you can choose not to step into the role in which case the idea will be given to someone else to realise. Life does not discriminate who carries the torch. It is you who steps into the role through your vibration and therefore it is you who becomes compatible to the idea.

**TR:** So how do thoughts and ideas interact?

**UV:** As you feed the idea with new thoughts, your thoughts will attract more like thoughts to them and then more and more. 72 seconds of uninterrupted thought later you will find yourself able to hold these thoughts in mind more clearly for longer periods of

time while feeling good about them. Once enough thoughts have collected and attached together, you will begin to experience 'things'. 'Things' in this context, are signs, signals from me that your reality has begun moving in the direction you want. For example, meeting people who have what you want. You may also see an article or advertisement mentioning something to do with what you want. You will see what you want or something similar or alluding to that thing, referenced in people, objects, on the tips of conversation, in the music that's playing where you are and so forth. When this begins to happen and it will, follow the signs and keep building momentum.



## Chapter 16: The Path of Effortless Flow

**TR:** Sometimes I see people with what I want and wish it was me instead. I know that's not the best way to be but, well, it happens sometimes, but thankfully much less these days.

**UV:** If you regard someone having what you want with jealousy you give the vibrational signature that you are not yet ready to receive such riches yourself. Celebrate the success of others, even if they have something you want for yourself. Celebrate them because they are an expression of you and they are showing you it's possible in this world to have that. Seeing more success around you is not a sign of your disparity to it. It's a sign you are moving closer in vibration to that success which you seek, otherwise it would not be circling around you in your vortex.

**TR:** When I feel an impulse to act I should act then and follow my intuition?

**UV:** When you feel the impulses to move and act, tune in to where they are coming from. You can begin to sense the different signatures of whether it's genuine intuitive guidance or the unhealthy yearning of the ego to identify itself. Ask, are your impulses from a place of covetousness or from a compassionate place inside your chest, from the zero point of truth?

**TR:** So just follow the signs down the path so long as they feel like they are coming from a true place, an expansion of self and life rather than a need to identify and validate through the ego.

**UV:** Yes. Also be aware, the path to what you desire will often be the most unconventional, illogical and to many people will appear strange and in some cases, even threatening to them. They will see it and you, as not normal. They are right. The norm is not where magic happens in the current state of your world. Your truest path, the one of your highest soul expansion and expression, will likely threaten societies' way of habituated living and you may become a

threat to their way of life for tuning in to you at your heart's behest and tuning them out.

**TR:** So the signs may not be obvious in their appearance but will still call me towards them out of an inner guidance or impulse?

**UV:** The signs may have very little to do with what you want at all. They will speak to you from within, telepathically, and say things like, "Sit here.", "Hang around a little longer", "Don't make that call yet" or "Lean over and say hi".

**TR:** Can you give me an example of how a seemingly unrelated path can unfold towards our goals?

**UV:** There are limitless ways. There are so many chances given to you every single day to align. Those out of alignment however find it harder to see these openings to the current. You must set the intention to slip into that stream of consciousness and into that

currency of flow to begin to see it. For example you may find you have an impulse or idea to become a radio presenter and you feel drawn to get to know a certain person who is a chef. It just feels right for some reason to want to know them better even though they have nothing to do with radio. You go with that feeling and you both become friends and then this chef invites you to a dinner. You feel like going and so you do and at this dinner you can pick a place to sit on a big table of possibilities. You gravitate towards a particular seat. In front of this one seat, the way the napkin is laid out reminds you of a hotel room you once stayed in where the towels were arranged the same way. The other napkins are arranged differently. You sit down feeling this chair is right for you. Then everyone takes their seats. You share a warm smile with the person next to you and feel drawn to talk with them more than the others. At this point in time you may still think these things are coincidence and happening at random. This person likes you a lot and you strike up an effortless rapport over dinner. Just before you leave you ask what they do for a living as the entire time you've been too engulfed in more interesting dialogue. They shake your

hand and lean in for a hug. They tell you they work in radio and then you feel a shiver of recognition as to what has just happened. You tell them you've been wanting to try radio presenting and they invite you to come down to the station. You discover you have a natural way on the air and are given your very own spot at the radio. You then begin doing radio shows about things that advance humanity and more and more people tune in. This radio position then leads to other, greater opportunities opening up for you to expand your life and therefore serve life itself and so on. Does this make sense?

**TR:** Yes. It really does. I never believed in coincidences. I used to think it was just luck.

**UV:** A co-incidence is the vertex or point of incidence where two paths meet to form an overlap. It has never been chance or luck. Coincidence can be more aptly called sub and pro-conscious synchronicity. When something nudges you from the inside towards a certain café or makes you take a different route to work,

or want to sit in a certain chair at a certain time, or makes you feel like calling someone or accepting or declining an offer, this is life communicating to you. These are the bread crumbs that will move you closer and closer to that which you desire. You communicate to one another through energy and language. I communicate to you through timing.

**TR:** Through timing?

**UV:** The right person at the wrong time in your life will still be the wrong person for you. You will always meet those who have the lessons you most need to learn. That is the way of life.

**TR:** What if I miss these signs?

**UV:** The more you listen to this inner voice the more clearly you begin to receive its communications to you. It can go from a barely audible whisper to a full scream of protest. There are in the region

of 30 chances for every 24 hours you live, to nudge you back on the path you desire. That is how tuned out most people are. They miss that many opportunities routinely.

**TR:** So there are present, every day, opportunities to nudge us back towards an accelerated path?

**UV:** Yes. Call these 'pivot points'. If you look at people in love who describe themselves as 'soulmates', you can often find quite a peculiarity. They are often people who moved to the same place, or lived in the same area within a few weeks or months of each other, sometimes for years unbeknownst to them. Magnetized towards each other, they draw closer and closer to one another often overlapping in experiences, arriving as the other has just left to places and so on until one day, the timing is right, they have sufficiently learned the prior lessons to become ready for one another and a seemingly random encounter brings them face to face.



**TR:** That is so beautiful! That's like, poetry in motion. I feel filled with possibility all of a sudden just knowing that. So what about doing? Like practicing something? Are you saying you can have what you want with enough desire and intention alone? You needn't actually practice your craft?

**UV:** It's not about the amount of practice. It is about being and becoming that which you are, that which your highest expression is. Your objective is becoming and embodying yourself fully and if that means practice of your craft so be it. The being is the goal. Then, let the doing be a product, a ripple, an echo of that beingness.

## Chapter 17: The Doing of Being

**TR:** What about people who do jobs that don't serve them or others?

**UV:** Doing something you are not being is the state of the majority of lives. They work a task or order-driven reality, practicing things they are not: butchers in slaughter houses, political manipulators, child soldiers. We are all one and their soul suffers at this karmic level of contraction of life. They develop disease in the body, cancers and illness and vibrationally draw tragedy to their doorstep.

**TR:** That is heavy.

**UV:** The heaviness you feel talking and hearing about it is your recognition of its vibrational density. It is heavy.

**TR:** What is the difference between being something and practicing something?

**UV:** 'Being' means being ready to be the fullest you. You still live in a physical body that learns through repetitious action and a brain that wires through habit and forms connections between your neurons. Therefore practice is extremely valuable, though as a product of being. Ready can mean practice but 'ready' means different things in different contexts.

**TR:** Can you elaborate?

**UV:** There are thoughts and feelings, listening to universal nudges which is the inner world and finally and more outwardly, positive action, which is the animation of your physical self as an expression of who you are being. Readiness can also be seen as the positive action resulting from who you are being. If you are not an athlete but begin training more like one, then you are being an athlete.

**TR:** Ok that makes sense. So we must begin being whomsoever we want to become. I can see how that can set things in motion now.

**UV:** Even though you are already deserving of an abundant life by nature, doing can make you feel more deserving and grow your belief. For many people at the current level of consciousness, it still is the easiest way to remove most mental and emotional blocks. It puts you on the path to receive. Some positive action is always required, though much less than what most people think. This would be similar to wanting to win the lottery yet never actually buying a ticket or wanting a large wire transfer of money without having an account to receive it in. People who are ready to receive are animated into positive action without a feeling of labour and struggle. It is an expression of who they are being. Someone who prioritises health and fitness of their human body will naturally seek better nutrition and train their bodies to function as they see fit.

**TR:** I see what you mean. So if someone is not taking any positive action?

**UV:** No positive action usually means you are not ready to receive. For example you want to be given the chance to be on stage and give your dream concert but invest no time to actually play any instruments, perform or sing. In these situations it means the desire is not strong enough because if it was, you would yearn to practice, even if it was challenging at first, enraptured with the vision of being on stage.

**TR:** Yes that makes sense to me. I've learned there is a big difference between practicing a craft and just rehearsing it. Thankfully I learned that earlier on. Is there a way you can sum up the difference between practice and rehearsal?

**UV:** To practice is to dive into the study of the areas of a craft you are not good at, on the edges of our ability, comfort and even

frustration. To rehearse is to replay your current standard, repeating what you already know because it feels good to already be good at it.

**TR:** Haha that makes perfect sense. Yes I often practiced what I didn't enjoy holding the vision of what it would lead me to one day. I see now how that follows the things we've discussed here. Actually now when I look at my life, whooo, I'm kind of having a moment all of a sudden. I can feel a lump in my throat. I see that at one point, maybe when I was 12 years old, I had built a spiral of negative momentum. I see it more clearly now.

**UV:** Let's clear that here and now. Feel into it and express openly. Everything from the past made you who you are today.

## Chapter 18: Healing Old Stories



**TR:** I was such a happy child at one point. I played in the park and danced and skated and swam with my friends. I always played pretend and was constantly smiling. I loved my school, my hobbies, everything. Life was full of colour. Then all that changed. We moved country suddenly. I didn't understand. I was too young to see any bigger picture. I could only pack a few toys. I had to leave almost everything I cared about behind. I didn't have a chance to say good bye to all of my friends. I cried a lot, in the car, on the plane, when we arrived. My parents were following better work opportunities for us as a family. My younger sister and I just went along for the ride, swept up in the current.

**UV:** What happened next in your own words?

**TR:** You know, I never thought about it as being such a part of my story today but it was. I had no friends in Jordan, not really. I couldn't connect to the boys and girls my age because they saw me as awkward. I felt alienated, with different sensibilities to them. It was a rigid culture and one I felt I didn't belong in. There was this

seriousness in the air, a pervasive pessimism and scarcity. Others seemed ok with it though. It was just me who felt something off.

**UV:** The world is now divided. Like many on Earth today, you chose to incarnate as new paradigm consciousness into an old paradigm society. The majority are still bound by systems of the old. You feel as though they live in a parallel reality to you. They do. You observe what is through an organic, conscious lens rather than a fixed one, therefore natural laws also bend as that is the quantum nature of things. This is also why you didn't fit in and still don't. You were never meant to. You of course resisted this for much of your life and it caused you untold suffering.

**TR:** Wow. That makes so much sense! Way to some up my entire childhood! I can still see those days so clearly. I had no idea these things can still touch me so much. I was, hah and guess still am, sensitive. Home life was great but at school the kids were programmed to be a certain way. I was always getting in trouble for drawing or talking in class. Everything had this mild

suppression of character baked into it. My Arabic was awkward. I was awkward socially. I didn't realise it at the time but now looking back, I felt so much pain. I couldn't roll my R's and felt inept when I tried to speak Arabic. I know it sounds kind of silly but kids can be cruel and I was teased and picked on because of it. We were taught to not show emotions like that because emotions, well that was for girls. I began to keep my thoughts to myself. That's when the period of worrying began.

**UV:** Purge it and release it this time. You are where you intended.

**TR:** I began to worry about everything. Every little bump or discoloration on my skin would make me worry I had some life threatening illness. I would work myself into a frenzy, make myself physically nauseous through my thoughts and the darker side of my imagination. It was a bleak time. I see now how one thought attached to another and another and another. I even remember there not being much colour in the world at that time. It was like looking at a bright sunny day through a blue lens or filter. I

stopped all the sports, the swimming and skating and dancing and my love for writing turned almost exclusively towards pained poetry. I shut myself in my room much of the time. I gained a lot of weight over a few years. I thought this spiral would never stop. I panicked about that. I see now that I was building negative momentum, lots of it, even as a child, using my imagination all wrong. I would feel myself getting so upset and then I'd panic that I might not be able to stop it. It was an abominable snowball effect. I thought of ending my life a few times at that time. I would sit on the window sill of our apartment in my room and imagine letting myself fall out of it. Seems extreme now.

**UV:** Release and accept. That is not who you are or who you were, this is what happened to you. There is no need to identify with it. It is just a story you witnessed through the vessel of being human. It is all part of the tapestry of experience. You learned many, many lessons through this which today allows you to identify with and share with others in the way you do. People connect with you more now because of it. What happened next?

**TR:** Well, then we moved to the UK. Things didn't change. I mean, everything changed, the people, the environment, but my experience was the same. Again I still didn't fit in. Now I was far too sheltered and naïve to life compared with the adolescents around me. What was important for them just, didn't drive me. I was humiliated and hurt a number of times by girls I grew to have deep feelings for. I was repeatedly told by girls I wanted to get close to that I was nothing more and could be nothing more than a friend.

**UV:** Can you see now, in retrospect how your belief that you didn't fit in and feelings of being alienated, combined with your growing pessimism, manifested in more situations to make you feel more alienated and even more pessimistic?

**TR:** Yes I see that now. I felt there was something wrong with me.

**UV:** Life can happen and subject you to someone else's freewill, however it was these continued beliefs that perpetuated such experiences. You resisted who you are rather than embracing it.

**TR:** I felt so misunderstood. I was made fun of for being different and for seeing the world the way I did. I was left behind at recess when the guys would go get food. I guess I was still wearing the victim lens. I continued to gain weight. I was no longer the fit and happy child I once was. I became so angry. I was angry to be so misunderstood. I just wanted to connect with people my age but they were too concerned and preoccupied with damaging pursuits.

**UV:** You became self-destructive rather than your soul's nature to be positively creative, as you were in early childhood. You felt life was not allowing you to just be you.

**TR:** Yes that's a good way of putting it. I began drinking a lot in my late teens. I progressively became a jerk with women, carrying

the pain of unrequited love from earlier years. It was a strange sense of displaced revenge. I felt like taking something from them that had been taken from me. All I wanted was to be that guy, in their lives.

**UV:** You may have intended that but you were not yourself. You were harbouring a lot of resentment with life, beneath your outward actions, however nice they appeared. You were incongruent with yourself and therefore they didn't resonate with you.

**TR:** This of course manifested in more pain when I did open up again. A great love ended in with a life-destroying, broken heart at University. I couldn't, sleep, eat, think – all the clichéd things they say in movies. It was all because of this reactive, angry way of being. That is my old story.

**UV:** It was a reactive, angry way of doing. That was not true being. That's why it felt so bad. So that no longer is your old story. That *was* an old story and one that has no place in your life today.

**TR:** Things have changed so much these days.

**UV:** How did you begin to change it all, because obviously now you live a very energetically inverse life to that which you are describing here?

**TR:** I looked at myself in the mirror one day and decided I had had enough. I had enough worrying because all the worrying I did never actually helped me solve anything, it only made me feel miserable. The illnesses I thought I might have I didn't have. I just worried I had. I decided to no longer let a negative thought complete itself inside my mind. I chose to begin to look after my body. I began a slow journey of healing, accepting and releasing the hurt. I began asking better feeling questions.



**UV:** It is a complex task to ask of a child or sometimes anyone to accept and not resist what is. You were subject to the freewill of others and their illusions also and being young in your human life you created emotional attachments to better comprehend what was happening to you. You bathed what is, in the illusion of being a victim of it. You attracted a storm of momentum and lived in the eye of that storm for years. Your physical weight was not because of what you consumed but was created through the emotions that were consuming you. Have you noticed how what you eat these days affects your physical body far less? Your positive vibration engenders greater nourishment from any food and health. Your emotions are no longer the fat that clings to your tissues. You began asking better feeling questions. You began seeking a better way and through your continued intention the momentum of the negative slowed down and with perseverance you reversed it.

**TR:** I see that now.

**UV:** You stopped hoping and wishing for things to change.

**TR:** I did?

**UV:** Hoping, wishing, doubting and wanting make up the language of poverty and the language of begging, as they side you with the lack and scarcity of the very things you hope and wish for. This is why beggars cannot be choosers. You began choosing a better life, expecting more positivity, believing there was more and knowing you deserved better.

**TR:** So no such thing as only words?

**UV:** Words are powerful because words are reverberated through your vocal chords. They are resonance and resonance creates. Words are spells. This is why you call creating them, 'spelling'. You program the water in your human body through the feelings carried in your words. Water can poison you or heal you depending on the resonant frequencies around it at the time. This

is also why it is more important what you feel while you drink and eat, than what you drink and eat itself.

**TR:** There are so many pieces to this puzzle.

**UV:** Don't worry about the pieces. Simply focus on what makes you feel more whole. Things have begun to happen much faster for you have they not? You see the signs now clearer than ever.

**TR:** They have. I mean growing in awareness and learning to be more the observer of things and clearing the past has helped tremendously. I guess I stopped resisting it at some point and used the lessons to become more truthful in my expression. Thank you for all the support over these years. I see now that you were communicating to me the whole time through the timing and the contrast, I just didn't have the awareness to see it. I couldn't see the forest from the trees.

**UV:** Those days are well behind you because you are no longer a vibrational match to them. Even speaking of them now you are doing so as an observer, as a witness. Owning the story is quite another thing to being owned by the story. Don't you see how many people are in similar situations to the one you were in? Your illusion was the same as everyone else's. Your illusion for many years was that your situation was fixed. By pulsing the same vibration you were not stagnating but rather willfully recreating the same vibrational field of experience, a dense one over and over again. Your illusion was that your circumstances were difficult to change and this was partly true due to the momentum that had built up though it was still an illusion. Your new questioning allowed you greater access to stumble on me, even though I was there all along. You began to seek. It was a deliberate and significant first step.

**TR:** Well it didn't fully get me out of things. I still ended up stuck in a job that wasn't serving me after University.

**UV:** Yes but you had already begun a new momentum. You recognized how your attention and intention was misplaced. You then changed your computer password at work to 'imleavingsoon'. What a simple idea. All of a sudden you were writing 'I'm leaving soon' just under your name, several times a day for two months. As your brain is a programmable computer all of that repetition meant you began to believe it. You began to feel better. You focused your energy on how good it would feel to be leaving soon rather than not wanting to be there and then guess what? You found a way to quit soon after.

**TR:** You're right. I totally forgot I did that. I couldn't have done it without you though.

**UV:** I also couldn't have made it so without you. Know you didn't quit through reasoning with your head. Your work-world was in your mind. You left it, however, with your heart. Your heart took its rightful place in steering your decisions. You made a shift, or at least the beginnings of a shift, from surviving to thriving, from

contraction and reacting to expansion and responding. All that happened, was you reconnected with what your heart wanted for you, what life intended for you and what felt good and then you were shown a way and now look where you are.

## Chapter 19: Expectant Gratitude

**TR:** Thank you.

**UV:** That is one the greatest and yet most overlooked secrets - gratitude. If more people knew the truth they would spend more time being grateful for what little or large they do have and be generous with the things they have been given, whether it is time, a skill, a service they can offer or a material possession. If they knew the truth they would be grateful even for the things they have yet to experience, because the energy must be honoured and to be grateful for that which is yet to manifest is to manifest the very thing the gratitude was given for.

On your planet there is much talk of carbon footprints. You would do well to consider your conscious footprint. Concentrate on feeling, communicating and sharing in the abundance there is now.

**TR:** How can I show others to be grateful for something they are not experiencing?



**UV:** You now know the truth. You now know you needn't have the material manifestation first. You now know that the vibrational creation in the formless, in your imagination, is the true creation. The manifestation is only the render. I can however give you a simple example you can share. Imagine you pay for and order something in the mail. Even if it's delayed, you know it's on its way. There's no doubt in your mind. You paid for it, ordered it and therefore expect it to arrive. You need to treat the things you want in life the same way, as if they are already ordered, already yours and are being delivered to you as we speak because they are. Then live in the feeling of knowing they are already yours and anticipate them. You must feel the feeling before you can enjoy the receiving. Honour the energetic transaction process. When you humans purchase a ticket for an event, you already feel excited about going even though nothing has changed in your physical experience yet. You are not at the event screaming to your favourite band, but you already feel like you are. Think and feel about it in that way.

**TR:** That is a great example. I think I can share this and give people a way to create more deliberately in their own lives.

**UV:** That thinking for the common good is precisely why you are now accessing more abundance. You are gradually merging with life. You are reintegrating as a part of nature rather than acting apart from nature. You are taking your rightful place in the spiritual ecosystem of collective life experience. Vibrations of contentment draw more contentment back to you. It already has and will continue to get easier and easier and then effortless.

## Chapter 20: Wake Up Call

**TR:** So what do I say to those who are so strongly conditioned? What about those people who think they are only human; they are just one person etc.?

**UV:** Being only human is a remarkable gift. Remember it only takes one teacher to control a classroom or one dictator to rule a country. Your sphere of influence far exceeds your 'only human' form. The people who are in power today know this. They keep you distracted with entertainment and often incorrect or limited information in an attempt to sell you the illusion as your reality. They encourage you to drift from one day to the next without a 'definiteness of purpose' as Napoleon Hill once put it. Pay attention to the words they use, even if they are under the guise of positivity. Ask yourself, 'Does reading or hearing or seeing this make me feel good or move me closer to my purpose?' Use your incredible emotional guidance system to know if you are moving closer to or further away from the life that you desire. Question things and think for yourself. It is the one thing you have full control over. Remember that kings, queens, dukes, presidents -

they have no spiritual seniority over you. They are flesh and blood. They eat and sleep and nest and mate. They are mammals, like you. Their authority is granted by willful acquiescence of those authored over. Once you believe that's how something is, then it is exactly that for you until you begin to dissolve that belief or believe something else. Many people begin to believe in their dreams but then stop too early on before things have taken form. They send their parcels back while still in transit to them. Teach them to allow the space and time for things to come into their lives. Don't worry about the 'how' or 'when' it will come. Leave that to me. Just keep focusing on the 'what' and 'why' and the feelings of already having that which you desire. Make note of the little things that indicate the process has begun to happen and more signs will be given and thus a positive upward spiral is born.

**TR:** I would like to share these messages with the world. I feel it can do so much good, shed so much light on the seemingly circumstantial. How can I inspire others to better follow their dreams?

**UV:** By having the strength to follow your own. By doing that you grant others you come into contact with license to do the same.

**TR:** Well I now have faith in life's design to expand and better comprehend my place in it.

**UV:** That is why you have nothing to worry about and everything to look forward to.

**TR:** Just on a side note, I'm really thankful every day for all you have done and continue to do for me. I always make time to count my blessings.

**UV:** That is precisely why I will keep giving you things to be thankful for.

**TR:** Then thank you again.

## Conclusion

Just like that, the direct link to the Universe dissolved. The state of heightened awareness that allowed the channeling of the answers to all my questions left me once more. Perhaps it was all I could handle. Gratefully I said my goodbyes. The hypersensitive bubbling of love and connection subsided, like the fizziness of a soda effervescing until still. I knew it wasn't gone. I knew it was always there, waiting for my consciousness to reach the level required to access it once more. Familiar noise and thoughts began to seep into my mind again, but now I had the choice to observe them rather than let them take over. Passing clouds. I now knew that my intelligence had little to do with me and my brain, but rather how much of the field around me I could tap into at any given moment. The transitory saturation of colours around me returned to normal, like walking from a sunlit day back into a shaded room. Reality stiffened around me, back into its seemingly impenetrable state. Was it all a dream? I looked down at what I held in my hands. Pages and pages of flurried writing lay between my fingertips. It was all there. My hands, neck and back were numb and ached ceaselessly. I had lost all track of time. Had it been days? A red, sore, groove indented my fingers where I had madly gripped the pen. My interview with the Universe was all present, all there, all here.

## About The Author

Tah Riq, born Tariq Amawi of Jordan to a loving, Christian mother and Muslim father, Andrea and Nabil, grew up recognizing that both these two people whom he loved dearly, believed in different things and yet built a happy home together. It would be years before Tariq discovered the Universe for himself.

Tariq began writing at the age of 8 and was winning national poetry and writing competitions by 14. He has since entered and won international poetry slams, spoken and performed at TEDx in Bali, the Stockholm School of Economics in St. Petersburg and featured in numerous interviews, podcasts and documentaries on life, living true to your passions and advancing consciousness.

Tariq now travels the globe with his Space-Kitten, Star-Queen beloved, speaking at festivals and conducting workshops on Reality Creationeering, the art of manifestation and youth prolonging. Courses and info available at: <http://www.tahriq.com>





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