



FROM DARKNESS

INTO

LIGHT

A GUIDE BACK TO LOVE

DYLAN FREDERIKS

With hands on your heart repeat "I love you; I love you; I love you."

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Introduction

After my first book, "A Pathway to Reiki Mastery", a lot occurred in my life. Many things changed on my path in understanding who I was and why I was here. A Pathway to Reiki Mastery was my guide to teach people the necessary skills to initiate their journey, it taught how you could practically heal yourself and included many mediations, affirmations and processes in order to understand why the pain was there, how to feel it and how to release it. From Darkness into Light is a little bit different as it details my journey through the spiritual path. This book uncovers the trials and tribulations I faced along with the underlying reason why they occurred as a way to guide you home.

Instructions for Reading

At the top of every page in the book are written the words "With hands on your heart repeat "I love you; I love you; I love you." These are instructions for this book. The primary purpose of From Darkness into Light is to give you a way to give love to yourself. With every page you read, follow these instructions without exception. I explain why later in the book, in Chapter Eight, called "The Subconscious Mind". Know that by you repeating this exercise, you are setting yourself free.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 1: Darkness

For most of my life, as I'm sure many of you reading this book can relate, I suffered. I was bullied at school; I was isolated and I didn't relate to the all-boys school mentality of hit people if you didn't like them. It wasn't all bad, there were times of great enjoyment in my childhood years. However, most of it was loomed over by this feeling of being out of place.

The isolation.

The feeling of wanting to "go home" and Earth wasn't my home.

I was a highly emotional and sensitive child; I was incredibly empathetic and picked up and took on everyone's emotions around me. Up until the age of 15, I would burst out crying in the middle of class (30 boys) if I was to get into the slightest bit of trouble.

To make matters worse, my only brother cut me out of his life at the age of 13. He never talked to me more than having a surface level conversation and this continues to this day.

Now, the purpose of me telling you the story of my life is not to inspire pity. There are so many people who have experienced horrific traumas in their lives much worse than I ever experienced. What is important to understand is that all of us, no matter how "perfect" our childhood seemed to be, experienced traumatic incidents to some degree.

As I grew older, I managed to suppress my emotional outbursts so that I could control them and not let them be seen. In my family, we

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didn't have emotional outbursts, there were no yelling matches if you were upset. You went to your room to deal with it.

Furthering on after I left school, I went to University to study Engineering and ultimately moved to Tasmania, on the other side of Australia from my hometown for my course.

Being the introvert, I was, I didn't really try and make friends. I tried with one group yet it didn't work out and I was alone.

I began smoking cigarettes and marijuana to numb myself to the internal voices going on in my head. I would do whatever I could to shut them up.

In my later time down in Tasmania, I began to smoke a large amount of tobacco before bed. If you have ever done this, what essentially happens is you will get an intense head spin (like you are drunk) and then you wouldn't be able to see for about 5 minutes.

I did this to myself every night in order to sleep. It never occurred to me that something might be wrong in my life.

At this time in my life, and for a few precious years, I was involved in Black Magic rituals. These involve summoning a spirit and sending it off to do your bidding. I knew these rituals I performed had power. I saw their effects in my outside world, yet didn't fully comprehend what I was doing.

I did some dark things with that magic. I sent it off to hurt people and it did. I was in such a state of hatred for my life that it is quite miraculous that I am sitting here now typing this to you.

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Why I share this, not just the rosy parts of my journey, is for you to understand that no matter what you have done and no matter how horrible you may feel at this time, there is a way through. There is a way back to the light and this is what From Darkness into Light is about.

It's a guide to return home to the love and light that we have always been.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 2: The Awakening

Like so many of us, I was unconscious. It was like I was a walking zombie not aware of anything I was doing. It's like when you have driven a car for a long time and it just works like autopilot.

We no longer focus on what we are doing and we just act out whatever we have been taught.

The beginning of every spiritual journey, whether you are aware of what spiritual concepts are or not, begins with an awakening. It is a moment where everything in your life changes and you are no longer sleepwalking through life.

I'll describe what happened to me and maybe you had a similar experience.

This is what I will refer to as a "Spiritual Awakening".

In the lead up to this event occurring, something did change in my immediate environment. My girlfriend at the time who was from the United States came and lived with me in Tasmania for a span of 2 months.

I had never lived with another person in my life at this time, so it was for me a very helpful thing to have during this time when everything was about to change.

We flew back to my hometown together and were out on my parents' boat. During this time, I was doing research into more Black Magic and was given a book to read.

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Inside this book, was a meditation. It was very simple. All you had to do was sit, close your eyes and repeat the mantra "HAM" for a period of 24 minutes.

Funnily enough, it said, "Repeat this for 24 minutes a day and it will change your life." Careful what you wish for...

So, I got myself comfortable, sat down, set a timer for 24 minutes and began to chant "HAM" over and over again.

I don't know what happened, but the alarm didn't go off. I opened my eyes 50 minutes later with a booming voice in my head telling me that I needed to get a van and I needed to travel around Australia.

I can't express to you the clarity that I felt in that moment. My heart, the universe, whatever you want to call it spoke to me and the only option I had was to do it. It felt like it was exactly what I needed to do.

I made a decision that I had to do this no matter the cost. I didn't know where the money was going to come from and I didn't know how I was going to do it. All I knew was that this was going to occur.

I travelled back to Tasmania and went back to my normal life yet smoking didn't work for me anymore. My body started rejecting both tobacco and marijuana.

For the first time in maybe 6 months, I started going to University sober. I started doing all the recommended readings, I was attentive in class and I actually found it surprisingly easy.

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However, I remember this one day in particular as I was sitting in class and I had my hand hovering over the desk, and it was shaking badly. I turned inwards and made the decision that enough was enough.

I couldn't keep doing that to myself, so I quit that day.

Although I had no idea what I was doing and it was not logical at all for me to leave engineering when I only had less than a year and a half to go, I knew that if I keep going down that same route, I would die.

The Universe brought me back to my hometown in the span of 2 weeks with a fulltime job being provided.

I've come to understand that everything on the journey happens for a reason. Without the experiences and the pain, I wouldn't have been ready to let go.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 3: Everything Happens for a Reason

"You can't connect the dots looking forward; you can only connect them looking backwards. So, you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever. Because believing that the dots will connect down the road will give you the confidence to follow your heart even when it leads you off the well-worn path, and that will make all the difference."

– **Steve Jobs**

I refer to the above quote fondly when explaining a difficult situation to the people I interact with. We as humans get so caught up the ravel, the striving and accomplishment of goals, that we are rarely present in the moment.

We are either living the past where we are focusing on something that may have happened or we are living in the future, terrified of something that may happen and trying to influence the future.

In every moment, including this one, I am exactly where I need to be and so are you. You may scoff at that statement. You may think I am full of it.

However, remember that even though you may be living in uncertainty right now and you may feel unsafe and be thinking your life is over, it is not.

It is only a step on your journey to bring you back into the light that you are.

With hands on your heart repeat "I love you; I love you; I love you."

Every single one of my greatest triumphs first occurred after I went through the darkness.

If my life had been perfect and I had felt peace in every moment, what would be the point of living? There would be no growth, nothing to compare the peace that I am experiencing. Nothing to appreciate or be grateful for.

I understand that from me experiencing the isolation, the pain, the confusion and the uncertainty in my life, that it has allowed me to appreciate the light that I feel in my body right now.

For you dear one reading this book, know that whatever you are experiencing will pass. It always does.

Through your experience of the darkness, you will appreciate the light in all its glory.

You will be able to help people who are also going through this journey by sharing your experiences as an inspiration for them to keep going. I know it's challenging. Believe me.

There have been times I have wanted to end it all. There have been times where I have wanted to give up on life and go and live in the forest by myself. Yet I know this is all happening for a reason.

There is a bigger force which surrounds us, binds us and is us. Some call this force the Universe, some call this force God, some just call it energy.

Whatever you resonate with is perfect for you. In this book, I will use the word Universe to refer to everything in existence.

With hands on your heart repeat "I love you; I love you; I love you."

The Universe which we are also part of is intelligent. It is everywhere and it is everything, including us.

At its core, is unending love for all things.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 4: Frequency & Vibration

Funnily enough, the only subject I failed during the first time in engineering was called Structural Analysis. In this unit, we learnt a very core concept to the wider realms of understanding our reality.

This topic was on vibration.

We learnt that every single object in existence has what is called a natural frequency. This is the frequency that an object is constantly vibrating at. Our first point of understanding for any of these esoteric concepts to work is to realize that we are all one.

Quantum physics in the west understand that everything at its smallest level is just packets of energy vibrating at different rates, the East has acknowledged this for millennia, and you can read this in just about every ancient text. What we may not understand, is the way that everything being from the same source affects us.



Figure 1: Wine Glass emits a constant tone when tapped with a spoon

With hands on your heart repeat “I love you; I love you; I love you.”

Referring to Figure 1, we have a picture of a wine glass. When we tap it with a spoon, we all know that it makes a sound. But why?

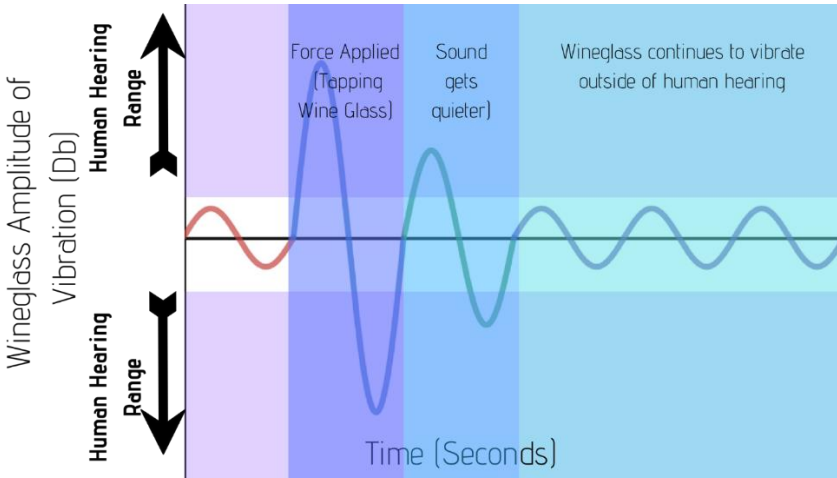


Figure 2: The Amplification of a Wineglass's Natural Frequency by Applying Force

What is happening as you can see from Figure 2 is that when we apply a force to an object (spoon tapping on a wine glass) the natural vibration of the glass is amplified into our range of hearing. However, when the sound dies away, the glass is still vibrating at a specific frequency yet we cannot perceive it with our five limited physical senses (sight, touch, smell, taste, and hearing).

Everything in existence throughout the entire universe is vibrating at different rates. Just because we can't perceive it, doesn't mean it isn't there. For example, you may be reading this on your phone, which is connected to the internet through WIFI or cell towers. These are waves of light vibrating at a frequency we cannot perceive, yet we can see their effects.

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Some other vibrations we can't see include Microwaves (how we heat some of our food), X-rays (scanning bones) and Radio Waves (listening to the radio in the car) to name a few. There is so much out there in the universe yet in this physical body; we can't perceive it unless we tap into its source.

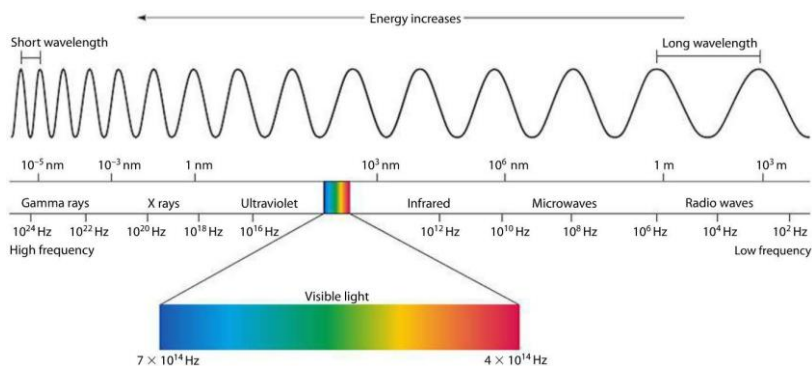


Figure 3: Different wavelengths of light in our Universe

Figure 3 shows us just how little of this universe we are experiencing in this physical body.

Music is something our world enjoys a lot, the type of music **can** have an effect on the way you feel. Vibration is described by a frequency which is the rate at how fast something is vibrating.

High-frequency music like Angelic choirs or a beautiful melody makes you feel something very different than low-frequency music such as music about pain, death, sadness, and grief.

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Everything in our world is vibrating at different rates and depending on our rate of vibration, our life experience and emotions will be completely different.

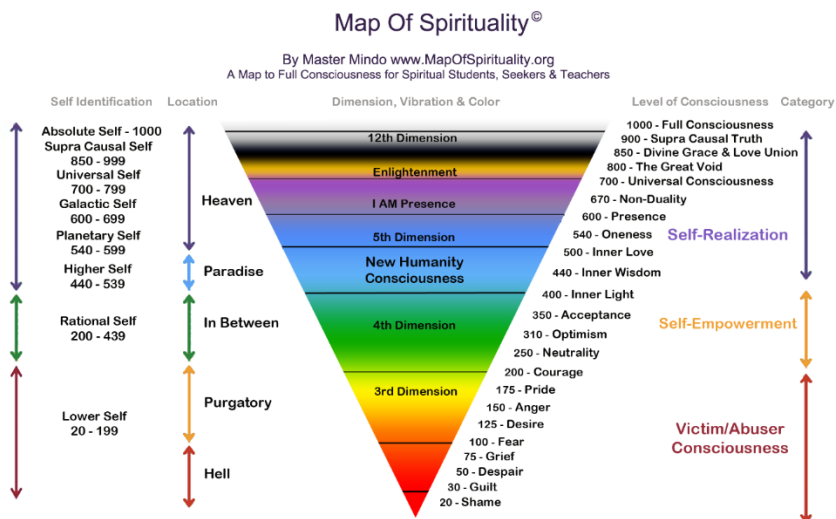


Figure 4: The Map of Spirituality (Mindo, 2017)

Referring to Figure 4, you can see a list of different emotions sorted by their vibrational frequency. Someone who is experiencing pain and suffering doesn't see anything outside of their scope of emotions; they will continuously attract experiences which resonate with their vibrational state.

The higher our vibration rises, the better we feel daily. Raising our vibration opens us up to experiences beyond this 3rd-dimensional existence we may be existing in today.

With hands on your heart repeat "I love you; I love you; I love you."

We can ascend or descend along with this map as fast as we choose to. This book will resonate with you if your prime mission in life is to feel better. That's all we're doing in life, trying to feel better.

This research has led me to a point where I am feeling incredible in my life. I am doing what I love because I set an intention to live from my heart. When I first discovered this research and said, "If I am operating from a state of Anger and Pride, what is the fastest way to shift my vibration up to level 1000 and experience beyond enlightenment."

It's all possible, and it doesn't have to be complicated. It all depends on my intention. This book is dedicated to making the journey upwards as efficiently as possible.

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Chapter 5: Thoughts Create Reality

As we discussed in the last chapter, everything in our environment is vibrating at certain frequencies. The frequencies we are projecting into the environment with will determine the way that we feel.

Higher vibrational frequencies contain greater energy and are associated with emotions like love, peace and joy. While if you are at a lower vibration, you may find yourself in emotions like anger pain and sadness.

Just like a song has its ups and downs, so do we. Our energy field or vibration is constantly changing.

If the aim of our lives is to feel better and, as explained, to raise our vibration, how do we practically go about doing this?

The first and most important thing to understand is that you are the creator of your reality. Although you may view yourself as a victim of circumstance at this time, you do have the ability to control how you think.

Why are our thoughts important?

Imagine you've just woken up; you stumble out of bed and you stub your toe. You swear. You find yourself becoming angry.

Things seem to keep going wrong throughout your day. You get caught in traffic, your boss yells at you, you have a fight with your partner when you return home.

How is this connected to our thoughts?

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How Negative Thoughts Create Reality

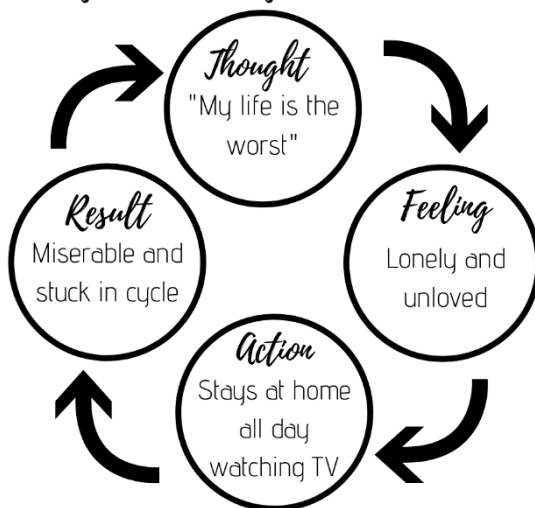


Figure 5: How negative thoughts influence our feelings

Referring to Figure 5, we can see how when we have a negative thought, it will correspondingly change the results of our lives.

It does this because our thoughts affect the way we feel.

Lower vibrational thoughts like "I hate my life", "Nothing ever goes my way", and "I'll never get out of debt" affect our lives because of the change in vibration we are emitting into the world around us.

If we don't feel good about ourselves, we will not wish to take inspired action and therefore we'll never create a life that we truly want and deserve.

With hands on your heart repeat "I love you; I love you; I love you."

Have you ever wondered why two people can be in the exact same situation, yet experience two completely different things? It relates to how each person is thinking about the situation.

Imagine that same incident of stubbing your toe as you wake up. We have the choice to follow the same line of thinking as Figure 5 or to take a different approach.

We can choose a different way. One that makes us feel good.

How Positive Thoughts Create Reality

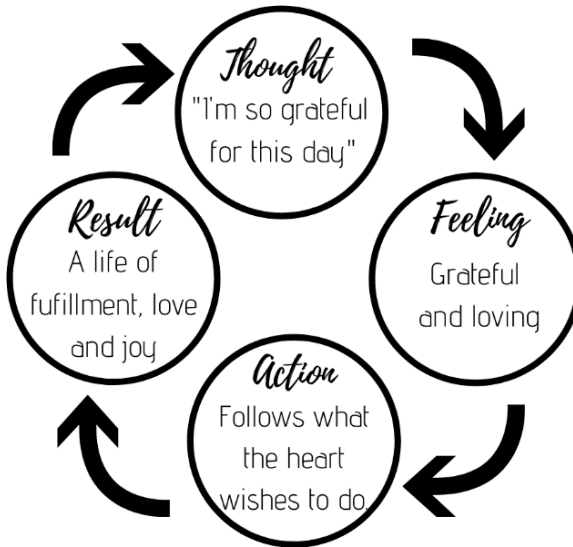


Figure 7: How positive thoughts effect an outcome

With hands on your heart repeat "I love you; I love you; I love you."

If we look at Figure 6, we can apply this mode of thinking to any situation. If we get out of bed and stub our toe, our day doesn't have to fall to ruin because something happened that we didn't like.

We can choose to focus on the positives and think "I am so grateful for this day. Thank you for all my blessings." What this does is send out a positive vibration into the universe and you correspondingly start to attract circumstances that resonate with how you think.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 6: Like Attracts Like

There is a common expression that says, "we are the sum total of the 5 people we surround ourselves with most".

Imagine if we are hanging around drug dealers and people who live in poverty, day in and day out. Do you think we are likely to become interested in drugs and become poor? More than likely.

On the other hand, if we surround ourselves with people who are positive, uplifting and focused on self-improvement, this will correspondingly rub off on us.

This concept of what we surround ourselves with grows, is a key concept of the spiritual journey and as a result, enables us to feel better about ourselves.

If we would like to be up at level 1000 or even just a little bit above where we are now, we need to change the way that we think.

The law of Karma relates to what you put out into the world; you get back. If you are putting out negativity, pain and suffering onto others, your life will be the same.

However, if you put out love, peace and joy in your thoughts, words and actions, you will begin to attract those circumstances to you until they become your daily reality.

Looking back at Figure 4 (The Map of Spirituality), we can see that as our vibration increases, the inverted triangle becomes larger. What this represents is that higher vibrational thoughts are more powerful than lower ones.

With hands on your heart repeat "I love you; I love you; I love you."

In science, we could describe that a higher vibrational thought contains more energy than a lower one. Therefore, we are more powerful when we are thinking positively.

If we wish to become happier, lighter and take ourselves out of the darkness we find ourselves in, we must first stop hanging around people who are in that darkness.

Often times this isn't possible with family members, but what we can do is grow a support team around us who is working on themselves and is dedicated to the positivity.

We can choose to not feed negativity with more negativity. If someone is upset, becoming upset with them is not going to raise the frequency of the situation.

Only love can do that.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 7: Unselfish Love

As we've come to understand, the universe is made up of energy vibrating at different rates. The frequency we emit with our thoughts, words and actions, depends on what sort of energy we will attract into our lives.

If you are on a journey to feel the love from yourself and others, you need to emit it first.

Before talking about love, I'd like to give a definition of the love that I am talking about. In western society, we overuse the word love. We say "I love my house, I love my job, I love my car." However, if something were to change about those objects, we might withdraw our love.

This is conditional love and probably the biggest problem most people face in their romantic and personal relationships. We have a mentality of "If I scratch your back, you scratch mine." There are conditions on our giving.

This isn't a helpful form of love.

The love that I will talk about can be described as unselfish love. Unselfish love is the act of giving without expecting anything in return.

Imagine a parent gives a child a gift from Santa Claus, the parent will not receive any thanks from the child because, in the child's eyes, the gift did not come from them. The parent gave the gift without expecting anything back. The parent did this with love.

With hands on your heart repeat "I love you; I love you; I love you."

In raising our vibration and feeling good about ourselves, if we are ever in doubt about a situation, the first thing to do is come back to love.

Come back to unselfish love. If you have a difficult decision or some painful news to tell someone, you can ask yourself "How can I do this with love?"

It's also important to understand that loving someone unselfishly can be hard. The most loving thing to do could be to say no or to call the police in an extreme situation.

Love comes from what is best for that person's highest good.

Imagine a child is misbehaving and is asking for sweets. The parent being loving would say no as a way of teaching the child for their highest good.

Love doesn't mean saying yes. If in doubt, you could also ask yourself the question "What action will be for the highest good of all?"

When I say love in the following chapters, I am referring to this sort of love. Love in this form is the fastest way to raise your vibration and feel better about yourself.

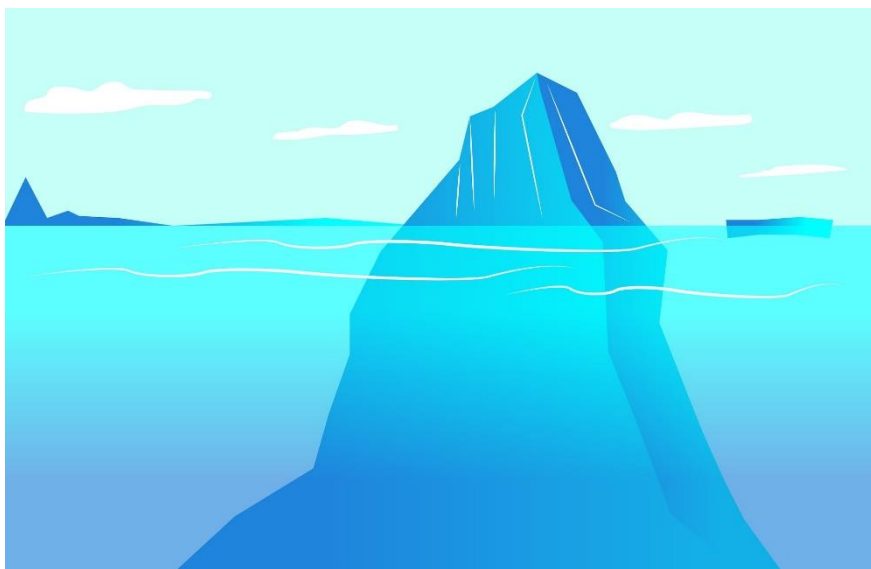
When you give out love to others, it automatically comes back but maybe not in the way that you think.

With hands on your heart repeat "I love you; I love you; I love you."

IMPORTANT: Do not be loving to people to try and manipulate them into being loving back. Unselfish love doesn't need someone to be nice back or even say thank you. Sometimes love works in ways we don't understand.

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Chapter 8: The Subconscious Mind



Just as only the tip of an iceberg is visible above the water, so the analogy is comparable to our mind.

We've discussed in previous chapters about how the way we think affects the way that we feel. It's logical. Positive thoughts create positive feelings and therefore positive results.

However, what we may not be conscious of is that we are only aware of about 10% of our thoughts. The other 90% of our thoughts all come from our subconscious mind.

I'll give you the example of driving a car. In the beginning, learning how to drive takes all our concentration. We have to be completely focused in order to learn.

With hands on your heart repeat "I love you; I love you; I love you."

However, as time goes by, driving becomes easier, it becomes a habit. What happens is the ability to drive gets stored in our subconscious mind for when we need it. This frees up our conscious mind for other tasks.

We can imagine our subconscious mind is like a computer. It needs certain programs to run. A computer without programs is useless. We have programs like Microsoft Word and Google Chrome. Two useful programs that let us do work.

The subconscious works in the same way. We have programs which let us know how to think, feel, eat and even sleep. Most of our life we are on total autopilot. Most of the world is walking around like zombies, especially in the digital age where people are glued to screens.

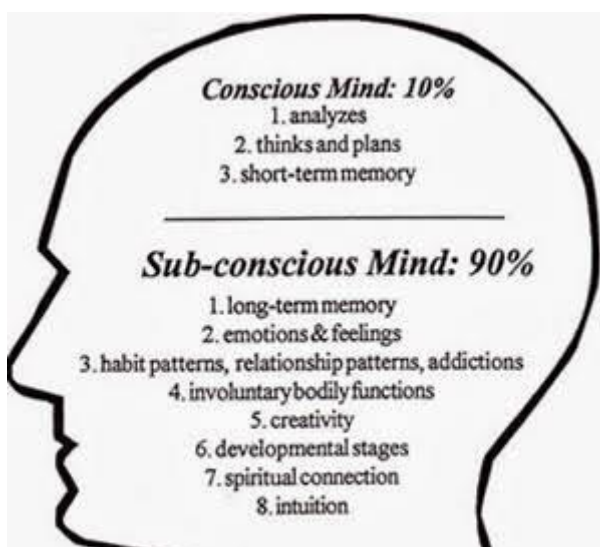


Figure 8: Role of the Conscious & Subconscious Mind

With hands on your heart repeat "I love you; I love you; I love you."

From the age of 0-7, our subconscious mind is wide open. We learn everything from how we interact in the world from our parents. This includes belief systems and how we interact with others. This is why we tend to follow our parents' beliefs. They have programmed us from a young age.

Fun fact: Why is television called "a program"? Well because that is exactly what it does.

The things you watch on the television programs are designed to make you to think in a certain way, just like your parents did when you were younger.

We learnt all our beliefs typically from the age of 0-7. Any patterns like hate, fear, jealousy, anger, laziness, we learnt at a young age by imitating those around us.

Even when we start thinking with positivity as discussed in previous chapters, our subconscious will fight us because we were typically taught to think with negativity whether directly or indirectly from our parents and society at large.

All is not lost, there are ways to reprogram the subconscious mind and as a result, reprogram ourselves so we think with positivity and love all the time.

1. The first way to change a subconscious pattern is through a traumatic incident. Imagine you have a car accident or

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someone dies. Obviously, this isn't very useful to us as we don't want to cause more trauma to ourselves.

2. The second way to change a pattern is through constant applied repetition of what you wish to program.

A program is like a habit, in order to develop a habit, we need to repeat that habit consciously over and over again until it goes from the conscious mind to the subconscious mind.

Referring to Figure 8, we can imagine our belief systems are like a frequency of energy we carry around within us. You could also imagine it like a song you are always playing around you.

Now, in order to change that belief system or frequency of energy, we need to replace it with something else. We can do this through affirmations.

An affirmation is a belief system of the opposing energy to what you are wishing to change. However, our beliefs have power. They have been there a long time and in order to change them, we need a certain amount of energy to do so.

Using the water in the glass example in Figure 8, we need to give our affirmations a certain amount of energy before they become our new belief systems.

Saying them once isn't going to cut it.

Just like if you wanted to make going to the gym a habit, going **only** once would **not** help.

With hands on your heart repeat "I love you; I love you; I love you."

You would have to go again and again.

There is a common misconception that it takes 21 days to change a habit. However, what most people don't understand is that it takes a **minimum** of 21 days to change a habit.

A study in The European Journal of Social Psychology (Phillippa Lally, 2009) found that on average it takes 66 days to change a habit depending on the difficulty of it.

For deeply ingrained patterns, it may take anywhere from two to eight months to change a pattern in our subconscious mind. However, once it's done, it's changed for good.

What we are looking at changing within ourselves, is the habit of looking for love externally. Only we can free ourselves from the pain and suffering from this world by directing our love inwards. This is the purpose of saying the words "I love you; I love you; I love you." You are training your subconscious mind to give yourself the love that you need.

After finishing this book, keep on with the same affirmations, when you wake up say "I love you." Before sleep, say "I love you." Whenever facing anything painful, say "I love you."

This book isn't about feeding you a fairy-tale that if you say a few magic words then all your problems will go away. No, it takes work and commitment to change patterns but what I can say is the result of doing this work, will dramatically affect the rest of your life.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 9: Shadow Work

The Hero's Journey is a pattern which we all follow on the path of spiritual awakening. We first start in the ordinary world, then go through challenges, meeting mentors and ultimately death and rebirth of the soul.

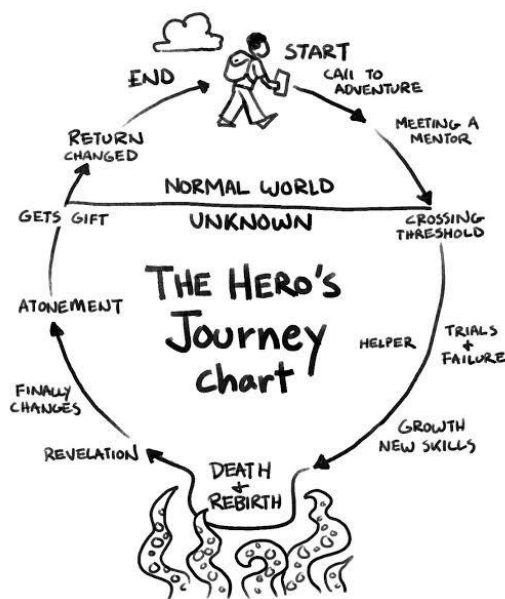


Figure 9: The Hero's Journey

Figure 9 illustrates this journey that we all embark on. If you have discovered this book, you may find yourself at the call to adventure stage where you are looking out into the unknown, unsure if you should jump. The point when you jump is when you cross the threshold into the unknown.

With hands on your heart repeat "I love you; I love you; I love you."

The last few months for me while writing this book, I have been in the Abyss. This is a place of pain, where your fears come to the surface and manifest in form. They may be in relation to money, relationships or career goals.

This work in the spiritual community is often referred to as shadow work.

In the previous chapter on the subconscious mind, we've come to understand that 90% of our thoughts, words and actions are habitual.

In order to return to the love and light that is our natural state of being, these old beliefs need to be purged out of our system.

This can feel like we are dying. Where all our beliefs we thought about the world come apart.

Relationships may end.

Careers may take unexpected turns.

But even amid this strife, a greater journey is occurring. Often in the midst of the pain and suffering we lose perspective. I certainly did.

However, as I write this to you now, my journey has just entered the transformation phase. As discussed in Chapter Three, called "Everything Happens for a Reason", things occur in specific timing.

I'll give you an example of my Abyss for some perspective on this difficult part of the journey. For me, my difficulties came in the form

With hands on your heart repeat "I love you; I love you; I love you."

of financial concern. When I left Engineering two and a half years ago, I never thought I would be going back.

I was committed to sharing love and light through writing, making videos and doing Reiki sessions and attunements with people.

However, during this time I started smoking marijuana again, every day, and as a result, my discernment declined, and I was caught in a scam where I was liable to pay \$8500.

Not having regular income at this time, this was almost like facing bankruptcy.

I thought this was going to be my life. But as you see on the cycle of the hero's journey, we have to return to the known world in order to complete the cycle.

This financial situation caused me to reevaluate my life where I chose to go back and study engineering online. However, over the last few days, I realised I had to return to the place it all started which was Tasmania.

When you are amid your beliefs being dissolved and it feels like literal Armageddon in your emotions, the most important thing you can do is be kind to yourself.

Love for yourself is what will take you through the shadow work process and start the return journey back home.

I know my abyss phase just came to a conclusion as out of the blue when I chose to take complete financial responsibility and accept what had happened in my life. The situation dissolved.

With hands on your heart repeat "I love you; I love you; I love you."

Let that be a lesson, whatever has occurred or will occur. Accept your role in it and take responsibility for your own life.

We are no longer the fool but are rather using our discernment to navigate through this world. The universe will always be there to guide you, however in order to move to the next phase, you have to take complete responsibility for your own life.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 10: Self Love

The most casual yet flawed thing I hear many people I work with say is that "I love myself." They say that they love themselves but then immediately go and do an action which says the opposite.

We may consciously think that we love ourselves but our subconscious may think otherwise. Look for the actions you take to understand what your subconscious belief systems are. E.g. cigarettes, marijuana & alcohol addiction are clear indicators.

Love for oneself is the key to progressing through the shadow work phase of the journey and even healing physical, emotional, mental and spiritual wounds.

As a child and even an adult, the thing that we are all seeking is love. We seek love in the ways that we have been conditioned to. Typically, we'll search for love in the form of a romantic relationship, wealth or power.

However, these things cannot heal the hole that is within our hearts.

The only person who can heal the pain inside is you. This pain comes from never being taught to love ourselves. Often as a child, we were condemned for doing an activity where we may have been loving ourselves.

When a figure in authority like a parent or teacher tells us something contrary to our natural state, we become blocked and the love energy which we once felt in abundance, no longer flows.

With hands on your heart repeat "I love you; I love you; I love you."

When we have an emotion, which is uncomfortable (hate, anger, grief or depression) our conditioned response is to suppress it. In doing this, the energy from this emotion gets stored within the field of our consciousness and is unable to flow.

To make matters worse, let's say we experienced a situation in our childhood where we felt powerless, maybe we were abused and had no control over the situation, the unresolved emotion of that time stays with us in our subconscious and continues to create circumstances that bring this to the surface.

This is what a trigger is. When we get triggered, what is occurring is a previously suppressed emotion has been brought to the surface of our energy field by an outside event.

A trigger is not a bad thing. A trigger is our bodies way of releasing the emotions that are stuck within us.

In order to release an emotion when triggered, the following steps will be a useful guide.

1. When triggered, immediately stop what you are doing
2. Take a very slow deep breath in and a deep breath out
3. Place your hands on your heart and repeat the words "I love you"
4. Repeat steps 2 & 3 until the trigger has dissipated.

By saying the words "I love you", what we are doing is sending love into our own hearts. We are letting our emotions know, no matter what we feel, we'll still send them love.

With hands on your heart repeat "I love you; I love you; I love you."

In doing this, our emotions begin to feel safe enough to come to the surface and our triggers will be released.

This isn't an overnight process. There are often many layers of our unprocessed emotions. However, if you follow this simple guide, you will be able to release them permanently.

The process of finding our way back to the light is concentrated on self-love. Only we are able to heal ourselves and create a life where we feel love.

The first step in this journey is taking personal responsibility for the way we choose to respond to life. I used to think that I was a victim of my circumstance, yet this didn't make me feel better.

All believing that I was a victim to life did was make me feel powerless. It gave me the opportunity to blame others for my life. For when things didn't go the way I planned, I could always blame someone else.

Your first step on moving out of the darkness is to realise that you have the ability to change your life. The only way we can change is by believing that we have the ability to change.

It is through personal responsibility, that the journey home to the love and light that you are begins.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 11: Self Responsibility

Living with a 'victim mentality' is the biggest thing blocking us from change. From an energetic perspective, when we place blame, we are giving our power away to an external source.

In order to reclaim all that lost energy, and therefore start to feel better in our lives, the first step is to take complete responsibility for our lives.

We cannot control the actions of others, but what we can control is how we choose to respond to people we find ourselves interacting with.

Let's say someone does something horrible to you. Maybe they scam you, maybe they even physically harm you. You cannot control the circumstance, but what you can control is the way you choose to respond to what has happened.

In medical terms, they use the words 'react' and 'respond' to say how a medication affected you. If you react to the medicine, a doctor would say you have had a negative response to the drug.

Whereas if you respond to medicine, the drug would have a positive impact on your body and be helping.

I'll show you the difference between reacting and responding to situations now.

If you react to a situation, you are acting out subconscious patterns. Typically, if someone did something horrible to you, you would try

With hands on your heart repeat "I love you; I love you; I love you."

and do something horrible back to them. Tit for tat. An eye for an eye. However, this form of thinking does not make us feel good.

Acting out hatred towards another human being, even when they have done us wrong, does not make us feel good about ourselves, it only makes us feel hatred and encourages us to stoop to their level.

However, if you respond to a situation, you are choosing how you wish to act towards someone. When you choose a more positive response, you can have a positive impact on the world, even when someone has hurt you.

It takes a great deal of discipline to learn to not act out your subconscious patterns. However, with time, practice and repetition we can change even the most deconstructive of habits.

If your goal is to feel the love in our lives as our natural emotional baseline, from the topics discussed previously, what do you think would be the best cause of action?

If we project hatred and anger at another person does this make us feel love within our hearts?

Alternatively, would forgiving and letting go of the situation makes us feel the love in our hearts?

No one has ever felt good from acting out violence. This is because when you choose to hurt another being, you are not only hurting someone else, you are also hurting yourself.

To set yourself free, to feel the love in your heart, self-responsibility of how we choose to act towards others is crucial. We can then use

With hands on your heart repeat "I love you; I love you; I love you."

our discernment to decide if we would wish to be treated in the way that we are planning on treating someone else?

If this answer is no, we might want to rethink our actions.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 12: Our Energy Cycles

Some days we feel light and uplifted, and on others everything feels completely stuck and sometimes we just want to curl up into a ball and cry. Why do we feel the way that we do and is there anything we can do to make our process back to the light easier?

In order to change our energy state, we need to understand the different energy cycles our bodies feel at different times. These three cycles include circulation, stagnation and integration.

Circulation

When our energy field is circulating, we feel alive. We feel so light, joyous and carefree. We are living in the present moment. We may have had these experiences when we did something we have never done before. These times may have been when we were on holiday and we did an extreme sport (sky diving) or even asking our first crush out on a date.

Circulation is the state we want to be in. It is the state when we are present at this moment. Everything seems to be flowing perfectly and we are in awe of the process. Life just seems perfect.

Stagnation

Stagnation is the energy cycle where most of the world lives. A key feature of stagnation is doing the same thing, over and over again. When our days are all the same, everything seems to be stuck and not moving.

Things seem to go wrong on a frequent basis.

With hands on your heart repeat "I love you; I love you; I love you."

We are in victim mentality where we blame others for our problems and we feel lost in life. We wish for things to change, yet they don't.

Integration

We go into integration typically after something big has happened. Often times this can be something traumatic like a loved one dying, losing our job, etc. Something that changes dramatically in our life that is painful.

In this mode of energy, we want to hide away from the world, be wrapped in a blanket and often times just want to cry and be held by those we love.

Integration is our healing phase.

Choosing Where To Put Our Energy

Now circulation sounds the best out of all three, doesn't it? Feeling alive, free and full of love within our hearts.

So how do we get there?

The stagnation cycle is caused by doing the same things over and over again, so on the contrary, circulation is caused by exposing your energy field to new things. These don't have to be massive, yet if you wish to take yourself out of stagnant energy, you need to begin doing new things.

Imagine every day for the last 10 years, you've got up, made yourself a coffee, then sat down and started on your emails. If you

With hands on your heart repeat "I love you; I love you; I love you."

are in stagnation, one way to change this would be to as you arise out of bed, go for a walk instead of following your normal routine.

It may sound simple but doing this has a drastic effect on your energy field. If you find your life in stagnation, one way to change that **is to commit to doing one new thing a day.**

If you always eat the same food, change it up. If you always drive the same way to work, change it up.

Go on a holiday to a different place. Do things differently and the change you are seeking in your life will find you.

Integration is still going to happen, however, the time taken to pace through it will be much quicker than if you are in stagnation when entering it.

Integration occurs in order for shifts and learning to occur in our life. When in stagnation, these periods of integration can be incredibly painful and intense. This is the Universe's way of circulating energy forcefully. Stagnation is not a harmonious state of being, as energy will always try and balance itself. We will find ourselves thrown into painful integration processes until we choose to take personal responsibility and circulate our own energy.

When we take responsibility for our lives and choose to circulate energy, things start flowing and we find ourselves free of previous stagnation limitations. We will still go through periods of integration. However, they will be a lot shorter, a lot less painful and as an added benefit, you know how to give love to yourself through the words "I love you; I love you; I love you."

With hands on your heart repeat “I love you; I love you; I love you.”

The “I love you” statements will take you out of integration and back to circulation much quicker. Instead of years in integration, it may take you a month. If something may have annoyed you for a whole week, you may be able to release it instantly.

Choosing Our Cycle

Figure 10 shows a visual representation of the cycles that most of the world operates in. You may be in this cycle now. Figure 11 shows what happens how the cycle changes when we choose to do new things.

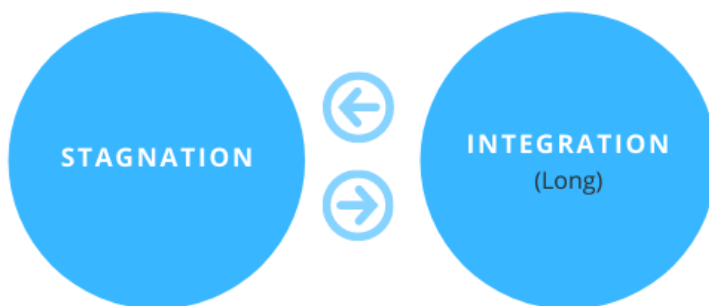


Figure 10: Imbalanced Energy Cycle

With hands on your heart repeat “I love you; I love you; I love you.”

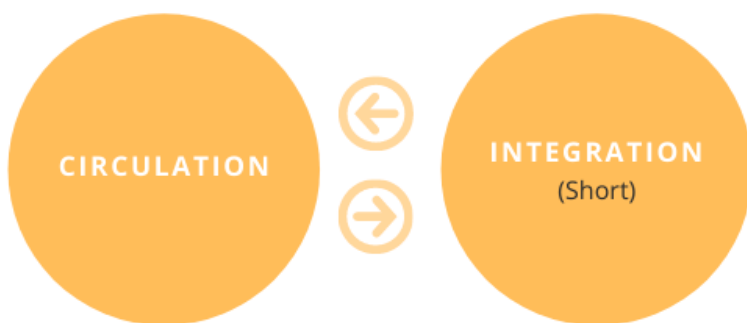


Figure 11: Balance Cycle Where We Live Our Best Life

Choosing to circulate our energy fields by doing different things everyday seems so simple to cause such a drastic change in our lives, yet oftentimes the simplest things are most powerful.

I invite you to put this book down and do something you have never done before. Walk somewhere new, dance, sing, go out.

Follow the call of your heart and life will become easier.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 13: Forgiveness

The purpose of this book is designed to make you feel good about yourself. Holding on to resentment and pain for the unfortunate and often times uncontrollable situations we have gone through in life is only hurting ourselves.

Holding anger towards someone is not hurting them. It is only hurting us.

Forgiveness does not mean letting someone back into your life.

Forgiveness does not mean continuing a cycle of abuse.

Forgiveness is only for yourself. You do not have to even tell the other person you have forgiven them. You are only forgiving to stop yourself from carrying around pain in your heart.

Using the example of us emitting musical songs into our environment, the type of song we put out determines what comes back to us.

Will people smile when hearing our song, or will they cringe and lash out?

Imagine you are trying to play harmonious music into your environment, you are trying to uplift everyone around you yet inside you, you are still playing a song of pain, hurt and anger towards another.

People can feel this. Have you ever walked into a room and someone has made you feel uncomfortable? It is the same situation.

With hands on your heart repeat "I love you; I love you; I love you."

If we are carrying around pain, we will subconsciously find ourselves projecting that pain onto others. The resentment we carry is still impacting our reality. No matter how far you have suppressed it. No matter how deep you have buried it and put it in a metaphorical box in the back of the cupboard of your mind.

It is still affecting you. And until you release what has happened to you, you will never be happy. Period.

Now I want to give you an alternative way of forgiving someone or something that has happened to you. Remember, this isn't about the other person as you never have to see them again if you choose not to. This is about forgiving to release the emotional pain inside you.

Often times we may find a person's actions unforgiveable but in order to forgive them, we don't have to forgive their actions.

What we can do instead is forgive the person for forsaking the light in your presence.

This person who has done this painful thing to you is often in more pain than we could possibly imagine. From a personal stand point, I certainly would not want the person who has hurt me to suffer, no matter what they had acted out on me.

If you have suffered abuse, often the abuser has been abused themselves. They don't know how to get love and attention for themselves, so they act out the only way they think they can get their needs met. This doesn't make their actions justified. But compassion is a key step on the process back to the light.

With hands on your heart repeat "I love you; I love you; I love you."

In order to forgive someone, not for their actions but to free yourself, follow these steps.

1. Bring to your attention the situation that has made you feel angry, upset, hurt. Let yourself see it in your mind and feel the emotions that are stored within your heart.
2. Bring into your mind, the person who has acted out the abuse.
3. Say to them, "I forgive you for forsaking the light in my presence."
4. Repeat steps 1 to 3 daily until you feel the emotional release and you no longer carry any negative emotion towards this person.

Now, I realise that some of you reading this book have suffered immeasurably. Pain and torment for years. This is not a process we rush. If you don't feel ready to do the above steps, don't.

Start with saying loving things to yourself like in the self-love chapter. If you find yourself unable to forgive, place your hands on your heart and repeat the following statement.

"I know you're not ready to forgive and let go of the pain inside. I know you have suffered immeasurably and I'll never ask you to do anything that you are not ready to. Even though you are not ready to forgive, I'm still going to give you love every single day because you deserve it. I love you my beautiful heart."

Repeat this statement morning and evening, saying this directly to your heart until it feels loved enough to be able to forgive.

With hands on your heart repeat "I love you; I love you; I love you."

Love is the key to our healing. Nothing else is needed apart from pure unconditional love for ourselves. When we love ourselves enough through the process of saying "I love you" to ourselves over and over again, our heart will eventually become ready to let go of the pain.

But first, we need to let our hearts feel safe. This journey is very personal to each and every one of us. You'll know when you are ready to let go.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 14: Surrender

Referring back to Figure 9, as the hero of the story (us) undergoes their path, they will find themselves faced with situations that they cannot control.

They cannot change reality; they are left in the face of overwhelming odds where they can no longer fight. Personally, I've experienced this multiple times when I have been at large crossroads in my life and I have had to let go and surrender.

When describing the times I have had to surrender, I use the following analogy:

It's like I am standing on the edge of a cliff and the Universe is hovering there in the form of an angel. Telling me "Trust me, you can fly." But in order to fly, you have to step off the edge of the cliff.

The first time I had to ever step off that cliff was when I chose to leave Engineering the first time. I had no idea what I was doing. It was completely illogical to do so. However, I had to trust that it was all going to work out okay and it did.

The journey through the trials I experienced and facing myself brought me into a sense of peace I had never felt before. A love in my heart that didn't rely on someone or something else. The love that resides in all our hearts.

This could be described on the hero's journey venturing from the known to the unknown worlds. Or in the process of death and rebirth.

With hands on your heart repeat "I love you; I love you; I love you."

Regardless of if you have crossed the threshold yet, the way across it, through every threshold we face, is to surrender.

It is a surrendering of ego and of our material and worldly desires, to follow the call of our heart. Even when it seems completely illogical and everyone outside of ourselves is telling us not to.

The biggest growth happens when you choose to take the leap and trust that you have wings.

You have wings, dear one. You can soar higher than you ever thought possible. However, in order to fly, you have to surrender to the higher force which is your heart.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 15: Atonement

As you cross the threshold of the death and rebirth cycle, we come into a much greater awareness of our consciousness. Along the journey, we have progressively learnt more and more about the world around us, the next thing we have to learn is about ourselves.

It is critical at this time that we have learnt self-love. If you find yourself being self critical still, go and repeat the exercises every day in the chapter on self-love.

I can't stress this to you enough. We can become very self-sabotaging, especially when we become aware of our greatest flaws and how we have created the painful situations we found ourselves in.

For me, I discovered my greatest flaw to be running away from relationships when things got hard. I observed this pattern through my separation with my wife and later another relationship I had with someone overseas.

I noticed my pattern of not letting someone get close to me by going into long-distance relationships with people on the other side of the world from me in order to protect my fragile ego. I did this as a way to protect myself, but in doing so, I isolated myself.

My atonement process involved first admitting to myself what I had been responsible for. Now it's important to understand in going through your atonement process it is not about another person. It is not about pointing out their flaws to them. At this point in your journey, you will have great self-awareness about others and

With hands on your heart repeat "I love you; I love you; I love you."

yourself. Don't fall into the trap of thinking this is about other people.

This is only about how you interact with others.

My atonement process involved getting in touch with my previous partners, apologising and taking personal responsibility for my role in how they ended.

Atonement is not about getting back with these people. It is a way for us to reclaim our energy from the situations where we gave it away.

In blaming, in saying it was the other person's fault, we are not being responsible and taking control of our journey. This isn't to say the other person didn't do anything wrong, they more than likely did.

However, your atonement process is about you. Not the other person.

I advise you, if you find yourself at this point on your journey, to look within and see the people that you have hurt in your life.

Sometimes though, you can't make amends with these people, they may have passed onto the next life or they may never talk to you again.

Atonement is about self-responsibility for all our actions. Both in the past, present and future.

With hands on your heart repeat "I love you; I love you; I love you."

By addressing the patterns we find ourselves playing out, we set ourselves free and reclaim the energy we had been constantly feeding it to keep it alive.

Imagine we have a naughty child inside us. In order to keep this naughty child alive, we have to feed it. Feeding this child involves giving it energy and when we find ourselves in a situation where we are vulnerable to the pattern, the child will take control of us and act out the situation.

In order to stop this from occurring, we need to address that we do have a naughty child inside and we take responsibility for the actions that it has taken.

In doing so, in addressing the deepest wounds in our psyche, we liberate ourselves and we free up the energy for use in other parts of our life.

It makes us feel better after we have completed this transition. This is the reason to do it.

Because it will make you feel better.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 16: Acceptance

There will be some things on the journey that may never make sense.

There will be situations out of our control or people who will choose not to hear what we have to say. Even if our intentions are pure, sometimes we cannot fix things. Simply because we are not meant to. This is where acceptance comes into play.

In order for us to move on with our lives, we cannot be reliant on the actions of others. In the process of atoning, we may find ourselves reaching out to those we hurt, only to realise they want to have nothing to do with us.

This hurts. Beyond belief.

However, sometimes we are not meant to have everything work out the way we want it to. In Chapter Three above called "Everything Happens for a Reason", we talked about sometimes when a situation isn't working out, it means it is not time for that wound to heal.

This doesn't mean locking our feelings in a box away because they can't be resolved. Acceptance is the process of letting ourselves know that is okay to feel the way that we do.

How do we accept a situation that is out of our control? We come back to the instructions at the top of this page. Repeat "I love you; I love you; I love you."

With hands on your heart repeat "I love you; I love you; I love you."

I know it's difficult to go through the initiation process. But if we have done all we can in the situation to try and resolve it with love, the only thing we can do from now is accept and let it go.

Maybe a time will come when the other person is ready to talk to us and hear our words.

We can only find peace within ourselves when we come into acceptance of what has occurred.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 17: Integrating the Ego

Contrary to some people on this journey, the ego does not get destroyed on the spiritual path. The ego gets integrated. Individuality is not a function of the ego, it is a function of the soul and therefore, will never be destroyed.

The ego is the part of our psyche that purely thinks it is from the physical world. Most of the human inhabitants on our Earth at the time of writing this book (2020) are heavily involved in ego. For millennia, people's egos have run the show.

The ego has committed numerous atrocities in the name of power, money and even love.

No one thinks they are evil. Everyone is just doing the best they can with the tools they have been given.

The spiritual awakening is the beginning of the end of the ego running the show. The ego will always try and adapt to gain your attention.

The mental monologue running through your head 24/7 is your ego. Now the ego isn't bad, it is quite useful in helping us remember things in the physical reality.

Now, imagine you are driving a car and you have a GPS guiding you to your destination. However, this GPS doesn't just tell you directions, it tells you about what it thinks of the person driving in front of you, how old your car is and how you should get a new one,

With hands on your heart repeat "I love you; I love you; I love you."

that you are going to be late and all the things you should be worrying about.

Better yet, the ego can, and will, change its mind in an instant the very second a piece of conflicting information arises. It is designed to keep your attention on it.

Just as we talked about viewing your emotions like little children who just want love and attention, the ego can be treated in the same way.

Sometimes children need discipline and we have the ability to say *"Thank you, ego, for that advice, but I am going to choose to do this my way and I just wanted to let you know I love and appreciate all the helpful work you do."*

The inner work we are doing does not involve cutting out and separating pieces of ourselves that people have deemed as wrong or unspiritual.

In order to come into inner peace within ourselves, all aspects of ourselves need to be integrated, not cut out.

Our thoughts, emotions and actions all need to come into the harmony of the vision we have chosen for ourselves.

If we are after inner happiness, love and unity with all things, we need to act like that towards ourselves. Even towards the pieces of ourselves we find unpleasant.

With hands on your heart repeat "I love you; I love you; I love you."

When the ego finds itself confused and in turmoil, and it feels like your mind is on fire, the process through is still the same. "I love you; I love you; I love you."

The more you become aware of what choices you are making and therefore, what you are creating. The more the ego loses its power.

The ego goes from running the show (with disastrous consequences) to one where we are free and full of love for ourselves and others.

This takes time and patience to reprogram our patterns. However, once they have been changed, they are changed for good.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 18: The Middle Path

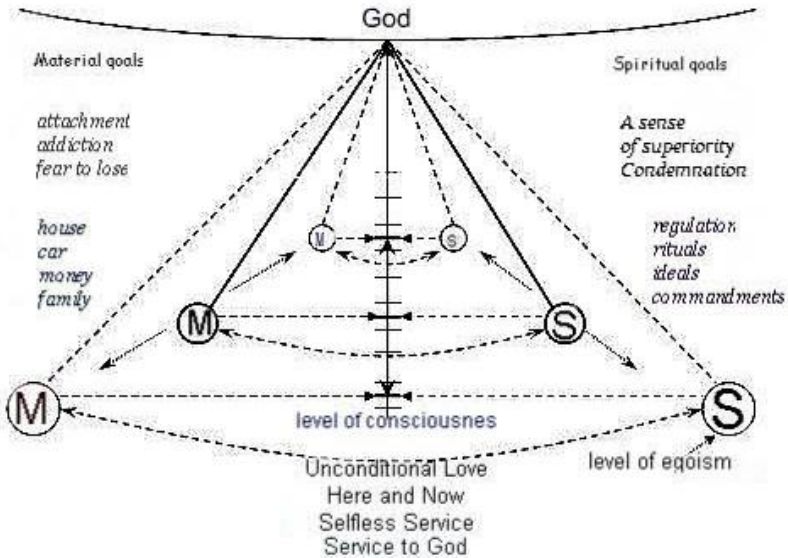


Figure 12: Pendulum Swing of Material & Spiritual Worlds (Bleckt, 2015)

As we begin to realise the power of the spiritual journey we find ourselves on, our selfish material worldly desires can become replaced for spiritual selfish desires.

This path of spirituality and committing ourselves completely to practice isn't wrong, yet if our purpose is to go back to God or the

With hands on your heart repeat "I love you; I love you; I love you."

Universe, to return to a state of universal oneness and unconditional love, then we must walk the middle path.

"People take different roads seeking fulfilment and happiness. Just because they're not on your road, doesn't mean they are lost."

Dalai Lama

Extremes can be seen in almost every corner of our world. From right to left-wing politics, rich and poor, good and bad even material and spiritual.

The purpose of this book is to return us to the love that we are. That love is God. That love is us. For there is no separation between the two.

In order to stop the metaphorical pendulum from swinging to either being immersed in the spiritual or material worlds, the middle path is needed.

The middle path is defined by unconditional love we have talked about earlier, being here and now, selfless service and service to God.

As our level of vibration increases, so too does our ability to affect the world in a number of ways. We get to choose if we will chase endless material or spiritual goals, never being fulfilled and always looking towards the future for the next thing. Or, choosing to be in the middle. To walk the path of unselfish love for all beings, serving

With hands on your heart repeat "I love you; I love you; I love you."

when people come to us without expecting anything in return and being here in the moment.

It is our choice.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 19: The Present Moment

There are endless books on the practice of being present. Two of the most famous at this time when I am writing this book include *The Power of Now* by Eckhart Tolle and *Be Here Now* by Ram Dass.

Both are teaching the same universal principle to inner peace. Happiness and love come from being in this moment, not chasing endless fantasies in the corners of our mind.

Imagine you are walking down the most gorgeous natural path. The sun is shining, the temperature is perfect and the air is so fresh and pure. There are beautiful butterflies flying all around you and the birds are singing from the gentle treetops shading the path.

However, we are too busy living in our mind to see any of this. We are obsessed with our next goal of getting a house, nicer car, girlfriend or on the contrary, learning how to astral travel and master the realms of spirit.

By living in our mind, we are missing so much of what is going on outside. We are missing the beauty that is constantly around us.

Most of us are running away from the present moment because we are afraid of feeling the emotions within ourselves. I invite you to put this book down, close your eyes and breath.

Notice the sensations in your body. When your mind wanders, bring it back to this moment. Be thankful for the air that you are

With hands on your heart repeat "I love you; I love you; I love you."

breathing, for the gift of being alive and feeling. Even if it is unpleasant. It is a gift and a privilege to live on Earth.

Remember, we are only going to be here for a short amount of time and we don't know how long that will be.

Committing to a practice of presence will help you tap into the source of unconditional love within yourself. It will help you to become more aware of the needs of others around you and therefore be able to serve in a greater capacity.

Here is a mindfulness exercise I like to perform.

1. Leave your phone at home and go for a walk-in nature
2. Try and remain as present as possible, notice all the beauty around you when you are walking.
3. What animals can you see, what sounds can you hear, what can you smell? Be here at the moment.
4. As a way to help you stay present, the following breathing exercise will help. As you walk count your steps.
5. Breathe in and step 1, 2, 3, 4 and as you exhale step 1, 2, 3, 4
6. When your mind wanders, just bring it back to the counting and stay in this moment.
7. The present moment is your key to liberation. It is right here and now and it only takes but a second to access this beautiful and endless space.

With hands on your heart repeat "I love you; I love you; I love you."

The more you train yourself to become present, the more natural it becomes. Remember, it is okay to have goals and live in this world, in fact, I encourage it. However, don't let those goals consume you.

Remember where you are. Feel the emotions that are within you.

If you choose to be here, it will get better.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 20: Selfishness

As you walk the path to light, one key point is you will begin to become more aware of others, and more aware of yourself. In becoming more aware, you'll notice how different people have different patterns holding them in their current state. On the other hand, you'll notice your own patterns. The key pattern when you can look at yourself with love will be selfishness.

Now before you slam this book shut, let me describe selfishness. In the earlier chapters, we talked about unselfish love. The act of giving without expecting things in return.

Now you may have come to the point on your journey where you have started to give a lot. You have started to be kind to all people, you've started to feel the love in your heart because you have been giving it to yourself.

However, what's important to understand is that no matter how loving you are, you are still going to be selfish. All humans are at some point in their lives.

You can see the duality between selfishness and unselfish love and you may be asking which one do I choose? Especially when I've been telling you throughout this book that loves for yourself is the key to healing and returning to the light.

The middle way is the path through this. The key to understanding is to be both unselfishly loving to yourself and to others.

With hands on your heart repeat "I love you; I love you; I love you."

It is important that you first are unselfishly loving to yourself. I'll give you an example of someone being a healer.

Imagine you are a healer and you constantly have someone coming to your door asking for help. However, you know this person really doesn't want to change, they just want your time and energy.

If you give this person your time and energy, you may need to recover and instead of being able to help 100 people that day, you only helped 1. And honestly, you didn't help them. They are now going to think their victim mentality has been justified, and they'll keep coming back to you whenever something has gone wrong.

Unselfish love is doing the most loving action for all, including yourself. Even if this means saying no.

We do have selfish tendencies. We forget to take into consideration other people's feelings when saying or making choices. On the other hand, we can become obsessed with other people's feelings and we disregard our own.

The key to the road back to light is balance.

Unselfish love and remaining in the moment are the primary keys to your freedom and liberation for chasing either material or spiritual goals.

None of these goals will bring you happiness or fulfilment. No matter how many of them you accomplish. No matter how much money you have, no matter how beautiful and loving your romantic

With hands on your heart repeat "I love you; I love you; I love you."

partner is, no matter how many psychic abilities you have, it will never be enough.

If you don't believe this statement to be true, look at the most previous goal that you achieved, you were so looking forward to it and in your mind, your ego said: "Once this is complete, I'll be happy and fulfilled." But what happened when you achieved it?

Your ego came up with something else that would apparently bring you happiness.

This cycle of selfish behaviour is never-ending, some people never break it and are lost in it for their entire lives. Never finding inner peace, happiness and love for themselves.

The road to light doesn't mean disregarding material and spiritual pursuits, it means realising that they won't bring us happiness. We can still move towards them, act where necessary, but we are rooted in the present moment and unselfish love.

With hands on your heart repeat "I love you; I love you; I love you."

Chapter 21: To Light

The road to light is not an easy path to walk. It will make you confront the deepest corners of your soul. You will have to face the things that have happened to you in your past and own up to the pain you have caused others.

People go lifetimes without facing who they are. They hide in the shadows, afraid of what is beneath the façade they show to the world.

But regardless of the pain you have experienced, regardless of the pain you have caused others, underneath those experiences is the light that you are.

Our natural state of being is not one of fear, pain and suffering. But through the suffering and our traumas, we have learned to seek the light.

If you just lived in constant bliss without knowing anything different, it would be meaningless. You couldn't appreciate what you were experiencing because there would be nothing to compare it to.

Through experiencing the darkness that you have; you can appreciate the light when you find it within yourself. I know it may seem far away; I know it seems like an impossible task to face the deepest parts of our soul. However, we can do it. We can walk the path inwards to reignite the fire of our heart, but we need to have courage. We need to have resilience. But all of those things will not deliver you back to the light unless they are all done with love.

With hands on your heart repeat "I love you; I love you; I love you."

Remember the words at the top of each page, send love into your heart every single day.

In focusing your energy there, you are helping it to grow. Our heart, on not only a physical but emotional, mental and spiritual level, is the access point to a higher vibration of existence.

A dimension where the world knows itself to be one, a dimension where everyone has found the love within their hearts.

You, dear one, are part of the ones walking first. We live in a world which is waking up, a world where people are moving from stagnant energy, into circulation.

We are moving from fear-based thinking, into love-based thinking.

Remember, dear one, you are filled with unlimited value and there is nothing wrong with you. You do not have to go anywhere or achieve anything to find love within your heart.

All it takes is a willingness to give yourself the love you need, every single day until it becomes a natural habit.

The world is going through a transformation. I see it wherever I go, people asking questions about who they are and what their purpose is, instead of the previous conditioning to suppress emotions through drugs and sex.

Be generous with your time. Treat others with the love and reverence you yourself would like to be treated with.

What you give out to others, is reflected back to you in abundance.

With hands on your heart repeat "I love you; I love you; I love you."

We have a choice to break the conditioning we have experienced our entire lives. A world of self-doubt, criticism and abuse.

Do we want our children to live in a world of abuse and suffering, or do they deserve to live in a world which is free? A world where people are naturally appreciated for who they are. A world where we see the light in not only people but the animals and plants too.

A world united in love.

If this is a world you wish to live in, be the change you wish to see.

Be a beacon to others. Radiate your light without limitations. Without expecting it to be reciprocated.

It is safe for you to shine.

It has been a pleasure to share my journey with you and I know you'll find the love you have been looking for.

With hands on your heart repeat "I love you; I love you; I love you."

If you are interested in joining other like-minded souls motivated by love, I invite you to join my Facebook Group "Light Beyond Healing"

I post videos about how I work through situations in the most kind and loving way. Many people on the group as for healing and support when they are experiencing a challenging time from the other members and it is lovingly provided.

If you're interested in having a Reiki Attunement or Reiki session with me, you can book one by going to my website at www.lightbeyondhealing.com.

May all beings be free.

May all beings remember the love and light that they have always been.

With love and light

Dylan

With hands on your heart repeat "I love you; I love you; I love you."

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