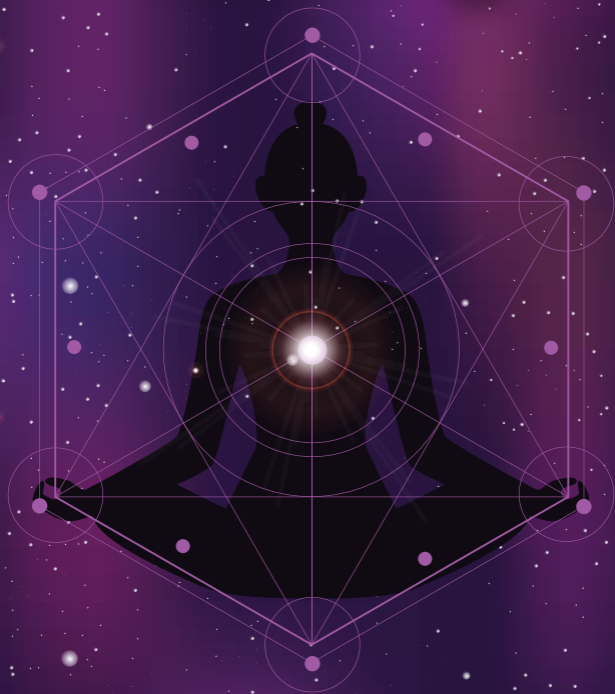




Transformative

# Shifting



From Essassani With Love

## Did you know?

That we are living in a universe that is both **parallel** and **multi-dimensional** in nature?

**Parallel** means that there is an **infinite** number of versions of Earth, and yourself, and any other planet or entity out there.



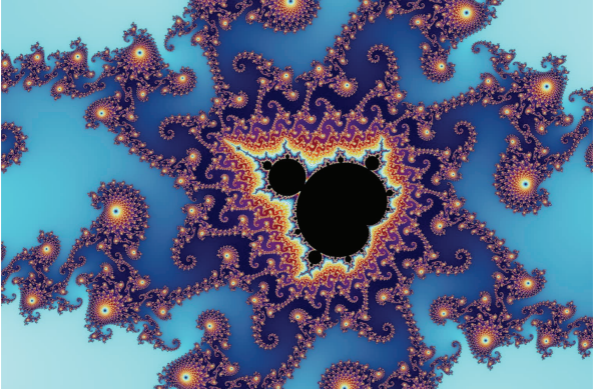
**Multi-dimensional** means that there are beings which have physical bodies, and other beings which are just energy, and everything else in-between also exists! An **infinite** variety!



Follow your excitement!  
**The People of Essassani**

## Space-time illusion

The true nature of our **parallel, multidimensional universe**, is that it is euphemistically speaking, an **infinite unchanging multidimensional fractal**.



It all exists, at the same time. So your illusion of space and time comes from **shifting** your consciousness to a **different point-of-view** of the **infinite fractal**, billions of times per second.

What this means is that **both** the **future** and the **past** are **created** from the **now**! And **you** can **change** your future and past by **shifting** your consciousness to a **different now**, a **different point-of-view** of the **infinite fractal**.

# Projector of Consciousness

A simple analogy is that your consciousness is like a **projector in a cinema**; it shines a **light** onto each **frame** of a strip of film, and **each frame is a unique universe unto itself**.

If you experience **speed**, it is because your projector light of consciousness is **shifting through frames faster**.



This is why the past and the future **do not exist**, they are both created from the **current frame**, the **now**, your **current** universe.

The infinite, unchanging fractal of our universe thus comprises an **infinite variety of film strips**, all existing **simultaneously**; it is your consciousness which **selects** and **animates** the film.



# Infinite space vs infinite time

Within your universe, you experience the speed-of-light as the **barrier** between parallel universes. You can think of **space and time** as being a total of 100%.

total:  
100%

SPACE = 50%

TIME = 50%

So if you're moving at lightspeed (299,792km/s), you will experience **infinite space**, but zero time.



SPACE = 100%

And if you're keeping yourself absolutely still, you will experience **infinite time**, but zero space.



TIME = 100%

This is why when you're **sitting still**, time seems to slow down; you are **creating** and **experiencing more** time! And when you're **busy** or **having fun**, time seems to speed up; you are **creating** and **experiencing less** time!

1 hour  
feels like  
5 minutes



5 minutes  
feels like  
1 hour

## Blending into infinity

The process of meditation is essentially entering a **neutral state** of **non-existence** in **physical space**, by “slowing down your physical speed”, till you experience **zero space, and infinite time**.

This is why many meditators often describe a feeling of **oneness**, of **blending with**, of **disappearing into** the universe. For a brief moment, their consciousness **stops creating physical space**, and only **creates infinite time**.

From within the state of **infinite time**, you are able to perceive and access your **higher mind**, **parallel universes**, **parallel selves** and other **non-corporeal** entities. These experiences of “jumping between film strips” are often **mislabeled** as **inspirations**, **lucid dreams** and **visions**.

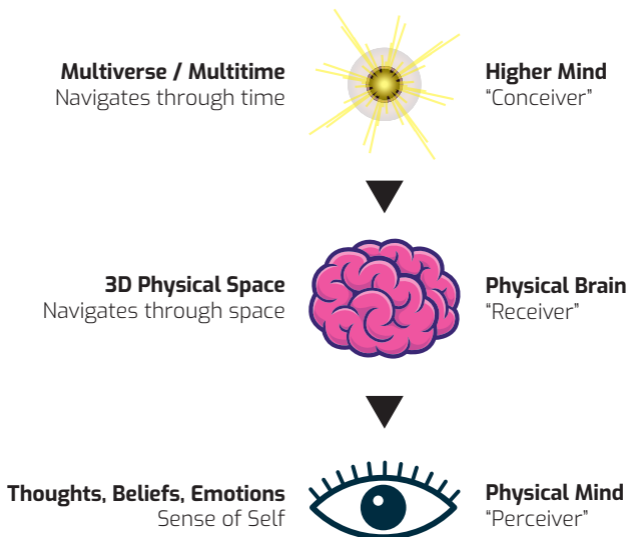


# The higher mind

Most people are familiar with both their **physical brain** and **physical mind**, and they correctly assume that the physical mind **resides within** the physical brain.

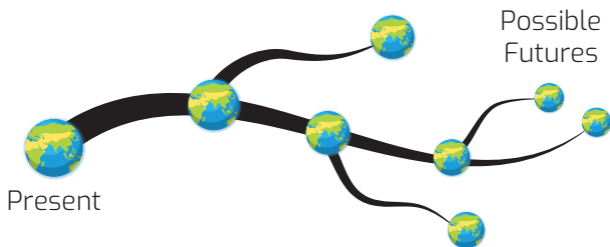
However, many are **not aware** that the **physical brain** is actually a "go-between" the **higher mind** and the **physical mind**.

The **true nature** of your structure as a **whole person** is defined below:



## Functioning holistically

Your **higher mind** exists within the **realm of infinite time**, it is therefore able to perceive **all possible futures** radiating outward from the present, and can thus **select for you the best possible course of action**.



Therefore, in order to function holistically, **as a complete person**, you will need to **listen** to your **higher mind** on a **daily basis**.

Our higher mind **communicates** directly to the physical brain through the **emotion of excitement**; it tugs on your heart.

By **acting on your highest excitement** every moment of everyday, you will be **most aligned with your higher mind**, and in the long term you will **manifest your best possible reality**.

## What is synchronicity?

When you're **acting on your highest excitement** every moment of everyday, you will begin to experience an effect called **synchronicity**.

**Synchronicity** is a phenomenon whereby you will meet situations and people **at just the right times and places**, in order to further your spiritual and internal life goals.

In addition to **synchronicity**, you will also begin to experience **abundance**, which means **receiving what you need, when you need it**. Both **synchronicity** and **abundance** will cause your life to **flow, just like a dream**.

This **flow** occurs because your higher mind has begun to **orchestrate your preferred life path**, and is **manifesting what you need when you need it**, in order for you to **achieve the goals in physical reality** that were **conceived by your higher mind**.



## Synchronicity “pro tips”

Having a negative state of mind can cause **negative synchronicity**, which is a downward spiral of negative events.

In order to maintain a positive and joyful state of mind, keep in mind the **following guidelines**:

1. **Do not insist on a preferred outcome**; you can still **fail** when acting on your highest excitement. When this occurs, remind yourself that the act itself is a **stepping stone to your next excitement**, and the **outcome itself is irrelevant**.

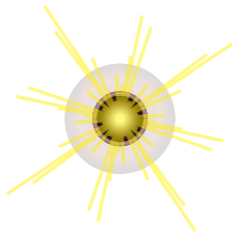
2. **Do not insist on a preferred visualisation**; synchronicity will attract events and circumstances that **mostly will NOT mirror your imagined excitement**, just be in a state of **openness, excitement, joy and love** to receive what comes.

3. **Do not be afraid of synchronicity voids**; sometimes it seems synchronicity has turned off. **It's never off**, it may be **waiting for you** to complete a task. In such cases, just do whatever excites you in the moment, **keep moving forward!**



# Summary

1. Our universe is an **infinite unchanging multidimensional fractal**.
2. We experience space and time by **shifting our point-of-view** within the fractal.
3. We have **no future and no past**, because all "realities" exist **simultaneously**.
4. Our **higher mind** is able to **perceive all "realities" simultaneously**, and select the best one.
5. We can follow the **guidance** of our higher mind by **acting on our highest excitement**.
6. Our higher mind **orchestrates** our preferred life path through **synchronicity** and **abundance**.
7. When our higher mind and physical mind **act in harmony**, life will **flow just like a dream**.

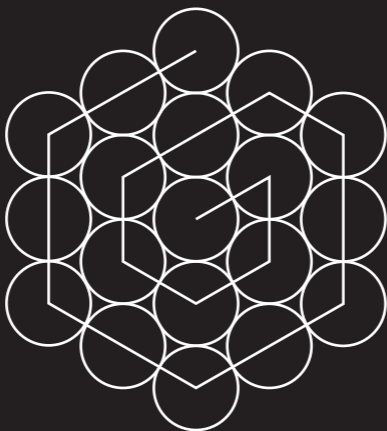


## Transformative shifting

The following diagram will enhance your physical brain's connection to your higher mind, by rewiring your neurology to better perceive higher dimensional space.

Place yourself into a comfortable posture and neutral mental state, and place this booklet at a distance that allows the 2D square-ish spiral in the diagram to resemble a 3D cube.

Then proceed to **step 1, mantra.**





## 1. Mantra

Breathe in deeply 3 times to calm yourself, then repeat this mantra 4 times:

**“I desire to  
define my  
dedication to  
detachment”**

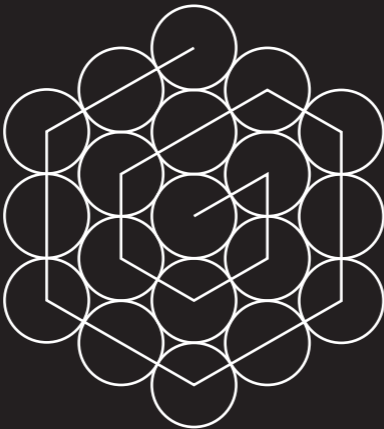
x4

## 2. Desire

In a state of neutrality, openness and a desire to know yourself, move from the outside of the spiral to the center of the spiral.

Look at the center of the spiral and be open to receive any images, sounds, smells, thoughts and feelings from your imagination.

Once you have received information, or if you feel you've stayed in the center enough, move from the center to the outside of the spiral.

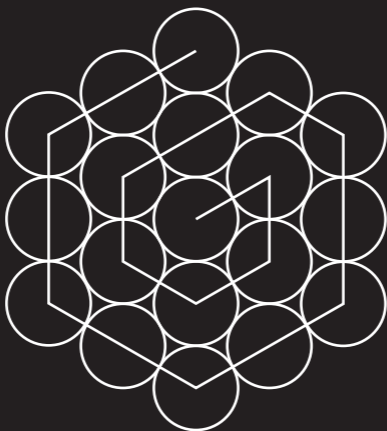


### 3. Definition

In a state of neutrality, again move from the outside of the spiral to the center, taking any information obtained from step 2 with you.

Focus on the intention of definition and insight; what does the information obtained in step 2 mean to you?

Once you have received even a flicker of information, move from the center to the outside of the spiral.

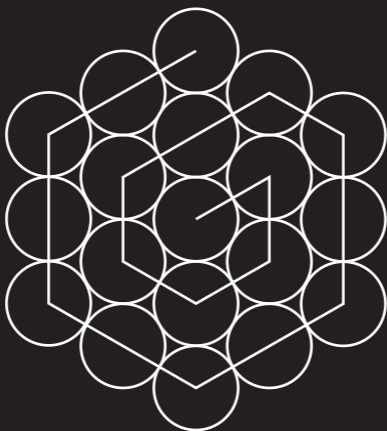


## 4. Dedication

In a state of neutrality, again move from the outside of the spiral to the center, taking any information obtained from step 3 with you.

Focus on the intention of dedication; dedicate yourself to clarifying the information obtained in step 3, what does it mean to you?

Once you have received even a flicker of information, move from the center to the outside of the spiral.

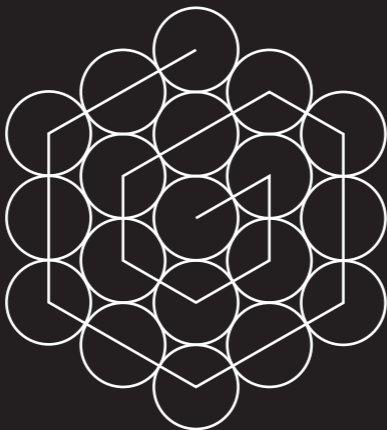


## 5. Detachment

In a state of neutrality, again move from the outside of the spiral to the center, taking any information obtained from step 4 with you.

Focus on the intention of detachment from which does not serve; and go down the spiral again to obtain more information.

Once you have received even a flicker of information, move from the center to the outside of the spiral.



## 6. Affirmation

We are now going to magnify and amplify what you did in steps 1 through 5, by saying an affirmation using the Enneagrammatic Circuit, follow the symbols as you read:

“From the **inner being**<sub>1</sub>, through **sight**<sub>2</sub>, **sound**<sub>3</sub>, **touch and feeling**<sub>4</sub> are **manifested**<sub>5</sub> the **path**<sub>6</sub>, **windows**<sub>7</sub> and **doors**<sub>8</sub> to the **unknown**<sub>9</sub>, which always leads back to the **inner being**<sub>1</sub>”



## Symbol Meanings

Never fear the unknown! For it always leads back to your inner being to help you discover more about yourself and your purpose.



inner  
being



windows



sight



doors



sound



unknown



touch &  
feeling



manifested  
(water)



path

## Last Words

This transformative shifting exercise is a powerful meditation which must be done **once a day**. You will see positive results in **30 to 90 days**.

**For a 24 hour period after completing this exercise get a journal and write down:**

1. Synchronicities you've encountered
2. Significant dreams or visions at night

**Within 30 to 90 days you will see:**

1. An expanded increase in synchronicity
2. More information, awareness and inspiration coming to you about your core beliefs
3. Ways and techniques that will allow you the most powerful way to transform your beliefs and reality into something more aligned with your inner being.

**Things will change, do it everyday, have fun, and really want to change! Take this technique to heart, and remember to act on your highest joy every moment that you can.**





## Thank You!

By doing the **transformative meditation** everyday, you are **guaranteed** to see a **positive change** in your life **within 30-90 days**.

Follow your **excitement** each and everyday, and let **synchronicity** bring **abundance** to you at **every moment**.



Live in the **present**, for there is only **now**.  
You are **unique**, become **yourself**.  
You are a **gift** to all **creation**.



**From Essassani With Love**



Share Your  
**Experience!**



From Essassani With Love