

The background of the entire image is a vibrant, swirling marbled pattern in shades of purple, magenta, and green. The pattern consists of intricate, organic shapes that resemble liquid or smoke, creating a dynamic and textured visual field.

The Best Quotes of Reality Transurfing by Vadim Zeland

Read this every day for 30 days
and it will change your life.

Jana Mosely

Dear reader,

I have read the book Reality Transurfing by Vadim Zeland 3 times. The third time I read it I made notes of everything that really touched me and made me think more deeply about this world and my reality.

I read these notes every morning before I start my day. I feel how my heart is expanding, open to all possibilities. I feel powerful but not in a forceful way. On the contrary I feel the ease and flow, trust and magic. My life transformed significantly. Not immediately but in small steps.

This little book is for those, who want to keep reminding themselves the most transformational quotes from Reality Transurfing.

Enjoy!

“You can play any role and you can be any one you want to be: the healthy, the wealthy.... the handsome.... the happy, etc. All that it takes is drop the importance and play, play, play...”.

“When you expect nothing, you have the immense satisfaction of getting everything you want.”

“Momentum increases when energy is added, and that is why the secret of success is focus. A steam engine cannot run with all valves open.”

“If you want maximum speed, you have to close all valves and focus all your energy into a single intention or action. Even if you have many things that you enjoy doing, you cannot do all of them at the same time.”

“From that space of knowingness and beingness, you are free to create whatever you wish. You are free to play with illusions without being trapped by any, as it is all just a game.”

“If you identify yourself with the person you will be when you achieve your goal, you will get there very quickly. Once you have shifted your identity, you simply make gradual changes in your persona to match the one you would adopt when you have fully achieved your goal.”

“Transurfing living is a state of pure and total detachment. It is the state of having nothing to lose and not being attached to results or outcome of the situation.”

“When you take action using intention with detachment, that's when what you'll always produce successful result or outcome. That is because, the outcome of the universal flow in you will always be the right one.”

“Awareness is seeing the world as an illusion therefore you are free to engage in the drama while being free from all entrapment.”

Looking at "How things can be, 'changes' How things are" Just for today look at "How things can be."

“If you don't notice it..... it isn't there!!! So, notice consciously, choose what to notice.”

“Every second of every day our beliefs, thoughts and feelings determine, who we are and how we view ourselves.”

“We have access to a state of being of pure loving awareness within an unlimited matrix of possibilities, and to engage this infinite field is our true destiny.”

“Your choice is always made into reality. What you choose is what you get.”

“The diversity of variations is the foremost and fundamental quality of our world.”

“Reality manifests itself in all its multiplicity precisely because the number of variations is infinite.”

“Abandon the intention of receiving. Replace it with the intention of giving, and you will receive the very thing you gave up.”

“A sense of self-worth lies at the core of inner intention.”

“Allow others to realize their inner intention. The act of allowing will stir outer intention which will cause your inner intention to be realized seemingly of its own accord.”

“Shift your attention from yourself to others. Activate your Guardian and stop playing the game of enhancing your own self-worth. Play the game of increasing the significance of others. As soon as you shift your attention from self to others the excess potential of your own importance will fade automatically. Then you will succeed in behaving naturally.”

“You attract attention to yourself by showing interest in others. Do not talk to people about what you are interested in, talk to them about what they are interested in, including themselves. Then your inner intention will be transformed into outer intention. Other people will immediately become interested in making your acquaintance. They will have nowhere to retreat from the power of your outer intention, which is always completely subtle in its workings.”

“A person feels fulfilled when their sense of self-worth is confirmed: they feel liked, interesting, respected, as worthy as anyone else and valued.”

“Inspiration comes from union between heart and mind in the absence of importance. Inspiration does not appear from anywhere. It is simply freed up when the importance potential drops.”

“Take what is yours calmly and without pressurizing the situation just as you would take the post from your letterbox. All inner intention should do is place one foot in front of the other on the way to the letterbox.”

“Inspiration is freed up in act of working.”

“When you discover Transurfing, your life will be filled with joyful meaning. You will feel the joy and fulfillment of creating your own destiny.”

“Whatever you choose is always manifested. What you choose is what you get. Whatever worldview you choose to believe in, the truth of that worldview will always be on your side and others will argue with you because they too are right.”

“Be happy if money has come to you but never kill yourself worrying about not having enough money, or spending it, otherwise you will have less and less of it.”

“Anyone can become rich if they serve their own goals.”

“To fulfill your dream do not think about the money, keep your thoughts on the original goal. The money will come to you because it is an accompanying attribute to the goal.”

“It is not that the goal is achieved with the help of money but rather the money follows as you create the path to your goal.

“It is true that those who become millionaires are those who think not of wealth but of following their own goal.”

“In actual fact there are no limitations to wealth. You can desire anything you want. If it is truly yours to have you will receive it.”

“Money is nothing more than an accompanying attribute on the path to your goal. Do not worry about money and it will come to you of its own accord. The most important thing now is to reduce the importance of capital to a minimum so that you do not create excess potential. Think only of the thing you wish to achieve.”

“If you have made the decision to spend money on something, have no regrets.”

“Money should be spent wisely to keep a flow going as potential appears where there is no flow of energy.”

“Projected importance creates excess potential which calls forth balanced forces.”

“By reducing the level of importance you place on things, you immediately re-establish a state of balance.”

“Emotions stem from attitudes, so rather than fighting your emotions it is more purposeful to change your attitude.”

“In fact, the only obstacle on the path to fulfilling your desires is the projection of artificial importance.”

“Do not try to overcome obstacles, reduce their level of importance.”

“Excessive emotions and worries are the direct consequence of projected importance.”

“Humor deflates the intensity of importance.”

“In order to stay calm when walking along a plank you have to have a safety net.”

“When trying to solve a problem, follow one golden rule: before you even start considering where the solution might be, first reduce the level of importance you associate with the problem. That way balanced forces will not get in the way and the problem can be solved quickly and easily.”

“When you go with the flow the world meets you halfway.”

“When a sector of the matrix is lit up by an energy that has the same resonance, that part of the template is transformed into physical reality.”

“Balance is destroyed by the excess potential of projected importance. As you already know. the more important the goal the harder it becomes to

reach.”

“Intention neither believes nor desires: it simply does.”

“Pure intention never creates excess potential. Pure intention assumes that everything is already in the bag. You simply decide that it will be so. It is like an almost accomplished act. It is the calm realization that something will come into being. For example, I intend to go to the newsagents and buy a paper. There is no desire in this. Desire was present up until the moment I decided to buy a paper. The chances of non-fulfillment are extremely low and if I fail it is not the end of the world. In this case intention is free of desire and, consequently, of excess potential too.”

“The thought energy of desire is focused on the goal. The energy of intention is focused on the process of its being achieved.”

"I know that I will have what I claim. It is already decided and so I radiate energy at the frequency of a life line where I have what I want."

“Importance gives rise to doubt which stands as an obstacle on the path to unity.”

“When there is doubt the rational mind desires something and the heart resists or the heart strives towards something but the mind suppresses the urge.”

“There is a very simple way of reducing importance which is to come to terms with the possibility of defeat at the very beginning.”

“Invite the realization into your mind, that not achieving the goal would not be the end of the world.”

“Give yourself permission to be worthy of the luxury. You genuinely deserve the best.”

“The feeling of clarity without words, knowledge without faith, confidence without hesitation comes from the unity that exists between heart and

mind.”

“When you experience this state, you sense your own oneness with the silent force that rules the Universe. This force catches you and carries you into a sector where the subject of agreement between heart and mind can be manifest.”

“There is no need to be concerned with how the things you want will become yours. If you are resolute in your desire to have, outer intention will, without your knowing how, find a way you would never have suspected.”

“This is your world and there is nothing in it that is unavailable to you. The world of your dream should be joyful and at the same time common place. When something is yours it seems unremarkable and has an everyday quality to it, so in order to attune yourself to a life line that corresponds to your dream you have to feel as if you already had it.”

“An artist creates and admires their work simultaneously.”

“Contemplating the end result will expand the limits of your comfort zone and so in this sense it has its value, but visualizing the process of moving towards your goal will significantly quicken the work of outer intention.”

“The transition has to occur gradually. Gradually not only means continually but also progressively.”

“Once the limits of your comfort zone have been widened enough to embrace the goal, outer intention will offer up a suitable means to achieve it.

There is no need to stress over finding the right way of achieving your goal. The slide itself will nudge you to take the necessary actions automatically even subconsciously. Eliminate importance, remain calm, and trust the alternative flow.”

“The goal should be held in the mind in the form of a slide which helps widen the limits of the comfort zone and attune the frequency of your

thought energy to the target lifeline.”

“An enlightened master has all the energy of the Universe at their disposal. They see no fundamental difference between themselves and infinity. Their thought energy enters into resonance with the energy of the ocean. Then the intention of the enlightened becomes identical to outer intention, the powerful and unfathomable force that rules the world.”

“The heart can feel the wind of outer intention but it is not capable of putting up a sail to harness the mind's force. The will of the mind however, can put up a sail. Will is an attribute of conscious awareness.”

“The power of the pendulums is great but as long as you abandon importance, their power is insufficient to prevent you from consciously exercising your right to choose and to write the scripts in your life.”

“Your soul came into this world as to a celebration, so go ahead and give yourself permission to have this experience. Only you can decide whether you want to spend your entire life working for the good of someone else's pendulum or living for your own enjoyment. If you chose to live life as a celebration, it is essential that you free yourself from the pendulums that bind and seek out your own goal and your own doorway.”

“Establish union between heart and the mind and you will have anything you could wish for, literally and figuratively. All you have to do is free yourself from pendulums and soften the discord that exists between heart and mind. Allow yourself the luxury of deserving the best.”

“Do not respond to provocation and do not let them shake you off balance. Keep the importance you attribute to things to a minimal level and be conscious of your actions. Keeping importance at zero is what the situation calls for, not massive effort and tenacity.”

“Do not attribute excessive importance to anything. You must simply take what is yours, calmly and without insistence.”

“If something distresses you, make it seem less important. Be aware that it is just a game.”

“The moment you give any slack to importance you lose. If you keep importance at zero the pendulums fall through your emptiness and the clay golem disintegrates. You will source strength in the awareness that you understand the rules of the game. As soon as you notice that a pendulum is trying to hook into you and knock you off balance, have a chuckle to yourself and adamantly reduce the level of importance. Gradually, this will become a habit and when it does you will feel your strength and understand that you can determine the script yourself. By winning the pendulum game you get freedom of choice.”

“The heart is not at peace when the mind is suffocating it in a cage but when it is caressing the heart like a rose in an orangery, admiring and caring for it, allowing every petal to open freely. This is the rare thing we call happiness.”

“Allowing yourself to have is the most important condition for wishes to come true.”

“The heart is not capable of thinking and talking, it only feels and knows.”

“Happiness is what you experience on the journey towards your own goal on the path through your own door.”

“Your goal cannot be determined by a temporary need. Your goal should be the answer to the question: what do you want most out of life? What will make your life happy and joyful?”

“Settle on one main goal. Achieve that goal and the fulfillment of all your other desires will follow on behind.”

“There are no miracles! You simply attune to the frequency of the target line, decided to have with intent, and outer intention has carried you to a life line where new opportunities appear and new doors open which you

would never have suspected existed when your vision was limited to the previous life line.”

“All the attributes of a comfortable life that other people obtain with great effort will come to you seemingly automatically. For you are following your own path.

“Even if you love what you do, if your work does not solely represent the one thing that brings you joy and will fill your life with things that make you feel good, it means your work is a door but not strictly speaking a goal. Do not forget that your goal should make your life feel one continuous holiday with all its accompanying attributes. Do not think about the door i.e. the means to achieve your goal at this stage. The important thing is to define the goal and then with time the door will find itself.”

“Money is an abstract category designed to help the mind, but in no way intended for the heart. The heart has no idea what to do with money because it is not capable of abstract thinking. The thing is that your end goal has to be comprehensible to the heart. The heart has to know what you want to buy with the amount you have requested. It's not a matter of the means, but the heart must like it.”

“When you desire to have with intent and act in the name of achieving your goal your world layer will undergo an amazing transformation and when it does, this is what will happen: Your chest will breathe freely having freed yourself from the burden of false goals. You will no longer feel that you have to force yourself to do things your heart does not feel drawn towards. You will give yourself permission to be happy right here, right now having abandoned the struggle for an illusory happiness that only exists in the future. The mind will let the heart out of its box and discover the wonderful feeling of lightness and freedom that comes with the onset of spring after a long hibernation instead of trying desperately to fill the spiritual emptiness with cheap pendulum surrogates. You will have broken through the conditioned stereotype giving yourself permission to have, despite the seeming unattainability of the goal. As a result, doors will fly open before you that previously had been closed. The mind will at last have accepted the idea that the goal can be realistically achieved. Life will be transformed into

an ongoing holiday. The heart will skip joyfully after the mind. The heart and mind will walk hand in hand together along the smooth, cheery road to the kind of happiness that exists right here, right now.”

“The only thing in life that is genuinely important is the process of defining your own goal and finding your own door.”

“If you are certain that the activity you love doing is strongly connected to your personal goal you can expect it to bring all the attributes of a comfortable lifestyle. When your goal coincides with the door you no longer have to worry about material prosperity. If a person desires material well-being it will come into their life automatically.”

“You will create masterpieces on the path to your goal as long as you do not allow pendulums to lead you astray.”

“Do not be in a hurry to choose a door. When you find the will to have, a door will present itself.”

“Keep an eye on levels of internal and outer importance. Think about your goal and door as if you had already acquired them. There is no such thing as prestige, unattainability or necessity. Be rid of all importance. There is nothing unusual in what you have.”

“Come to terms at the onset with the idea of possible failure. If things work out well then great, but if things do not work out it obviously was not right for you and there will be nothing to mourn.”

“Continue to picture the slide of your goal. This will enable you to widen the limits of your comfort zone and attune to the frequency of your target line. Outer intention will present you with the information you need.”

“Everything you are capable of doing easily, comfortably and willingly has meaning and value. You do not have a single meaningless virtue.”

“When you are busy doing something that brings you closer to your goal, you are filled with inspiration, you can boldly claim that this is the door

meant for you.”

“Intention is what transforms a desire into a goal. Without intention, desires are never realized and dreams do not come true.”

“Your ideal life line will contain minimal obstacles as long as you do not lean too hard on importance.”

“Give yourself permission to enjoy life and accept everything that comes to you as a gift. As soon as you feel a cloud forming over your holiday, try to discern where you have increased importance.”

“Any doubts will fall away of their own accord as you continue widening the limits of your comfort zone.”

“Relax the grip. Do not think about problems that have not happened yet, just go calmly with the alternatives flow.”

“All you have to do is make your order properly and leave the rest to the waiter.”

“The heart has no concept of the notions of means. In dreaming the heart is used to getting anything it desires because any striving is constantly brought about by dream intention.”

“The target slide should only include the final picture of your life once the goal has been achieved without any additional scripts. Turn this slide over in your mind continuously, live inside it. Your comfort zone will begin to expand and the parameters of your thought energy will become attained to the target life line.”

“There must always be some kind of counterbalance, fallback option or retreat because when you have these, your heart is calmed and balanced forces will leave you be.”

“The alternatives flow always takes the path of least energy expenditure.”

“Problems always involve huge expenditure of energy and what is more, are generated, when a person fights against the current. People only interpret changes in the direction of the current as a problem because it does not fit with their plan.”

“Today is better than yesterday and tomorrow will be better than today.”

“Try playing the following game: greet every setback with joyful surprise rather than annoyance: for apparent setback are the work of outer intention that moves us towards our goal in ways unforeseen to us.”

“Once on the path to your goal through the right door you will be racing the crest of the wave of good fortune. You will radiate harmonious energy because of the feeling of ease that has entered your heart. Once you are experiencing the joy and peace that comes from unity of heart and mind, the quality of energy radiating from you will adjust itself.”

“The will to have and the complete absence of insistence and determination on your part play the key role.”

“True success grows from the ruins of the past failures.”

“The power of outer intention is proportional to your energy levels.”

“Use visualization in relationship - imagine that person doing what they love most, the thing that gives them a feeling of pleasure, fulfillment and peace. The person will now feel comfortable when they are with you.”

“It is the abundance of free energy that makes a person charming, magnetic, powerful and charismatic. The face of a person's energy is proportional to the volume of free energy they run and the strength of their connection between their heart and mind.”

“Free energy is programmed by thought. The closer the striving of the heart and mind the purer the programming will be.”

“No one and nothing can prevent you from reaching your goal once you have taken the path through the right door except yourself. Only lack of faith and lack of confidence can hinder your progress.”

“Do not waste your energy on maintaining excess potentials, use your energy to fuel intention.”

“The secret to the labyrinth is that its walls will crumble when you give up looking for the exit and abandon importance.”

“When there is freedom without struggle there is no need for confidence.”

“There is no need to struggle anymore. Just calmly walk my paths and take what is yours. As soon as you consciously reduce outer importance and abandon fighting against the alternatives flow, the obstacles you perceive will be cleared from your path.”

“You do not need confidence or faith. You need coordination. Coordination means: taking pleasure in thinking about the goal as if it had already been reached. Letting go of the grip of control over the script and going with the alternatives flow, helping it along with the oar of pure intention. When you go with the flow in conscious awareness everything falls into place without excessive effort.”

“There is no need to fight to achieve your goal. All you need is the will to have. The word battle presupposes constant tension, struggle and discipline.”

“When you end the battle and give yourself permission to have, outer intention will a way of giving you what you need. Allow yourself to have from this moment onward, unconditionally and unreservedly and not occasionally but all the time.”

“If you concentrate on the goal as if you had already achieved it your doors will open and the means will take care of themselves. Your choice is immutable law and with it you shape your own reality.”

“Whatever you do, do not force yourself to allow yourself to have. Do not force yourself to picture the target slide. You should not need to push yourself. Do not pressure yourself or tense up over it for that again makes it a battle. Simply take pleasure in having exciting thoughts. Abandon importance and end the battle.”

“You must exercise your right to choose just as calmly and uninsistently as you would retrieve your post from the letter box.”

“Newton's and anyone else's apples may fall to the ground but let yours fall to the sky.”

“Thoughts must flow from the unity of heart and mind. Otherwise, the programming of the energy of intention will not be pure. If a large portion of free energy is consumed by excess potential, intention will have no power to it.”

“The heart does not think. It is simply unreservedly willing to have. The conflict between heart and mind arises because the mind doubts that the goal can be realistically achieved. As soon as the grip of control weakens the limiting conditions of the mind fall away to reveal unity between heart and mind.”

“By laying down the useless burden of importance, you release the energy of intention, the moving force for transition in the alternatives space. When you are dragging importance around with you, you waste ninety nine percent of your energy on supporting excess potential. How can you source free energy if it is all tied up in potential?”

“When you start to realize your own value, other people around you will see it too, without exception.”

“By letting go you receive the very thing you gave up.”

“When you keep imagining what you want, you will feel delight, a feeling close to weightlessness. There will come a point when you accept the goal into your comfort zone and feel the sense of restriction fall away. The

realization that the goal is actually quite realistic evokes a feeling of elation. The feeling of weightlessness is also quite real being caused by the release of the energy of intention from excess potential. Eventually everything that you imagined will start to become ordinary.”

“Knowledge is the foundation on which confidence is built.”

“Imagine that as of today, apples have started falling to the sky.”

“Freedom is yours when you end the battle. Once you end the battle with yourself and the world, nothing can hold you down. The battle will continue but without your participation and you will be free to go wherever you wish and choose anything you desire.”

“The world is a mirror that reflects your relationship to it. When you are discontent with the world, it turns away from you. When you fight the world, it fights back. When you end the battle, the world meets you halfway.”

“In accordance with the principle of coordination, if you perceive life as a celebration whatever is happening, it will become one.”

“Annoyance reflects a lack of awareness.”

“Truly spiritual person will never try and force anything upon you.”

“The soul does not want money. It wants the things that money can buy. Start imagining: What would turn your life into one continuous celebration?”

“Soul has access to an information field that contains data relating to the past and the future and likewise that contains all masterpieces and discoveries.”

“Ask yourself a question and wait for the answer. The answer will come to you, perhaps instantly, perhaps a few days later or perhaps even months later, but the answer will definitely come!”

“The absence of importance is a matter of detachment not indifference. Play your role "just for fun" as children do.”

“Intention is the dispassionate, unconditional resolve to see your will manifest in reality and the calm knowledge that this will be the case. Intention is pure when it is free of desire, fear, doubt and other importance potentials.”

“It is essential that you turn away from pendulums, let your soul out of the box of stereotypes and work on your own happiness. On the path towards your goal you will have the opportunity to do plenty of truly good deeds and of course, you will be able to help the poor and the needy because you will have greater resources.”

“When you stop simply wanting and intend to have then you will receive. Take note of the Transurfing motto: "I do not want or hope, I intend."

“Nature always takes the path of least resistance!”

“Circumstances will unfold in a positive way if you consciously go with the flow rather than beating your hands on the water. You can rest assured that the coordination of intention principle works. The world has no intention of causing anyone difficulties and not because forces exist which take care of you specifically, but because it involves expending less energy. Nature does not waste energy and it is not profitable for nature to spend energy on you. The difficulties we experience are always related to an excessive expenditure of energy. The mind has no understanding of the path of least resistance and battles with the alternatives flow thereby bringing obstacles and problems upon itself.”

“In reality our world is so rich and generous that it has enough wealth to go around as long as each individual moves towards their own goal through their own door. You can transform the layer of your world in to a very cozy little corner.”

“You only suffer from forced obligation if your mind becomes immersed in the game. Adopt the role of the acting member.”

“The goal and purpose of all living beings is to control their reality.”

“Life should be free of problems. That is the norm. If you do not disturb the balance and go with the alternatives flow, everything should unfold very smoothly. Nature does not like wasting energy and has no intention of spending it on plotting against us.”

“The true goal of any living being, whatever its nature, can only be achieved in its natural habitat. Any structure subjects the goals of its elements exclusively to its own interests.”

”The world agrees with us, it behaves like a mirror in which literally all our ideas surrounding the nature of reality are reflected.”

“The alternatives space is what is to be found on the other side of the mirror, that information structure in which the script of all possible events are contained. The number of alternative realities is infinite. The alternatives space records everything that ever was, is or will be.”

“Your ordinary state of mind tries unsuccessfully to manipulate the reflection in the mirror whereas what you must do is change the actual image. The image is the focus and nature of your thoughts.”

“When a person dies, they return to this initial reference point. But every time they are reborn, they forget their starting point and become engrossed in the new dream, the next life. If you could remember who you really are you would become conscious of the fact that you are capable of directing this dream, the dream that is life.”

“In order to retain your level of awareness it is essential to keep consistent control of the flow of your thoughts. When this becomes a habit, it is automatic and requires no effort. For once you have woken up in your dream you no longer have to make any effort to maintain the awareness that it is all a dream. You can learn to control the flow of your thoughts in the

same way. At first though you have to systematically call yourself to "wake up" before it becomes a habit."

"Creating and shaping reality is the goal and purpose of all life."

"God has given every living being the freedom and power to shape their own reality in accordance with their consciousness."

"By shaping our reality with the power of intention, consider it to be God's intention. How then could you have any doubt that it will be fulfilled? And all you have to do for this to be is simply claim your right to it."

"Do not ask, do not demand, do not struggle, just create. Shape your own reality with the help of conscious intention."

"God gave you the freedom of choice. It is within the power of your will to choose whatever you want. When you choose a tough path, you struggle to achieve your goals having to overcome all sorts of obstacles and this is inevitable, for you are convinced that nothing is given just like that and so you receive according to your belief."

"Is God so powerless that he would have to struggle? He does not have to waste his efforts on the battle with an unyielding reality. He is capable of shaping a new reality in whatever way He desires. So, what is to stop you from waking up into the dream and exploiting your former privilege?"

"Conditions and circumstances that are essential to achieve our goals come from the alternatives space. On that side of mirror there is an abundance of everything and there is no competition. You can choose anything as if from a catalog and then place an order. Sooner or later the order will be fulfilled and you will not even have to pay for it."

"Thought energy does not ever disappear without trace. It is capable of materializing a sector of the alternative space that corresponds in quality to the thought energy being radiated. You must use thought energy in a deliberate, focused manner."

“As long as the mind does not contradict the wishes of the heart and vice versa an unfathomable power emerges - outer intention, which materializes the sector of the alternatives space that corresponds to the image of one's thoughts. In the unity of heart and mind this image acquires clear contours and as a result is immediately embodied in physical reality.”

“There is a delay in the reaction of the dual mirror. You have to run the slide in your mind systematically for a significant period of time. The secret is simple and this reality is all it takes. It is hard to believe that it could all be so trivial. No magic, just ordinary, everyday effort, and it really works; it is just that most people do not have the patience to follow through. Outer intention opens the necessary opportunities for you to reach the goal. Gradually heart and mind will come to a position of unity focusing the radiation of thought energy into a sharper image. As a result, a reflection will be formed creating what is normally considered a miracle: the dream that seemed impossible is transformed in to reality.”

“This simple technique is the key to a force more powerful than you would ever expect. You control reality by controlling your relationship to the world. The dual mirror will embody into physical areas of the alternatives space in which the world takes care of your welfare. With time you will create a very cozy reality. The layer of your world will literally become transformed in front of your very eyes. You will be surprised at how quickly things start to change and, in this moment, you will realize that you will never look at the mirror of the world in the same way again. The will take you. You can be sure of that.”

“We live in the manner in which we think about our existence.”

“There is nothing outer intention cannot do. There are alternatives to the development of events on the other side of the mirror of which the human mind could not even conceive.”

“No longer react to the reality of your life; Take command and deliberately send your chosen thought forms out into the world.”

“In order for a thought form to become established as physical reality, you have to produce it methodically. In other words, you have to regularly run the target side round in your mind.”

“Once you have your freedom you acquire the ability to create the type of reflection you wish to see.”

“Stop running around the mirror and you will see that the world will come to you.”

“Intentionally shape the corresponding image in your mind's eye paying no attention to the delayed reflection and peeking at it only in search of any manifestation of the emerging reality.”

“In the moment that the choice is made and the final goal image is set, the mirror of the world receives the order and sets about realizing it according to a specific plan. Only the mirror can know how this image's reflection will be formed, the means is inaccessible to the mind.”

“Understand that all you have to do is make an order and allow the world to carry it out for you.”

“Trust the world. It knows best how to reach the goal and will take care of everything.”

“If you have the tenacity "not to look back" then as a rule the results will exceed your highest expectations.”

“It is essential that you keep your hands away from the mirror and allow the world to move. In the majority of cases no proactive action is necessary. It is enough to be mild and flexible and go with what is happening. The alternatives flow will direct events along an optimal course if it is not hindered.”

“If you have to make a decision or choice give preference to the option that comes most naturally.”

“Problems are not the norm because they require a greater expenditure of energy and nature never wastes energy. The alternatives flow always takes the path of least resistance.”

“Embrace any reflection as positive. Whatever happens, everything is unfolding as it should.”

“Vitality gives you alertness, pro-activeness, cheerfulness, optimism, the desire to have everything you want right now and the feeling that you can move mountains.”

“There is no point in memorizing information. It just ends up becoming more lifeless baggage that takes a disproportionate amount of energy to "load". Knowledge unlike data is only properly assimilated in action, through concrete examples of when an intention is realized.”

“Imagine how light and relieved you will feel if you drop all your baggage. Let yourself go. Give yourself more freedom.”

“The higher your energy level the faster your desires are manifested in physical reality. When the energy of the cosmos passes through the human body it is programmed by their thoughts. Once it has received an informational structure, a person's energy can "illuminate" the corresponding sector in the alternatives space. As a result, the metaphysical potential reality is made manifest on the physical side of the dual mirror and the thought is realized materially.”

“A simple lamp can only light up the area immediately surrounding it whereas a narrowly focused laser beam will shine on a point many kilometers away. Therefore, if you want your energy to work for you it is essential that you focus it in the specific direction of a goal.”

“Purposefulness directs the energy of intention in a strictly determined direction. Concentration is essential and a concentration means focus, not tension.”

“In order to control reality, you have to strive to keep your thoughts under control. In order to develop this as a habit it is sufficient to follow one simple rule: teach yourself to think about thing you are doing in the moment.”

“Systematically focus your attention on the target slide. By controlling your train of thought, you subject reality to your will.”

“Your task is to concentrate your attention on the goal as if it had already been achieved and then outer intention will open the right doors at the right time.”

“When you are having fun, you feel good. Why do you feel good? Because humor and cheerfulness reduce importance. It is impossible to shape reality when excess potential is present that blocks the energy of intention and warps the mirror of the world. When fun reduces tension, the soul is set free. That is why it is good when we are cheerful. We experience a feeling of inner comfort which is just as real as any physical sensation.”

“The target slide determines the sector of the alternatives flow. If you methodically turn the slide in your thoughts the flow of events and circumstances you encounter will be aimed towards the goal. You do not need to have a precise plan or know how it might be realized. There is no need to think about the means. The right doors will open at the right time - concrete paths and opportunities, and you will see them. You must not place strict conditions on how the goal should be reached. Your task is to concentrate on the final results.”

“You can play the slide in your mind's eye as much and as often as you like but make sure you do it for at least half an hour each day.”

“Tell yourself: "Although the "how" may be unbeknownst to me "everything will make its way through." In declaring this intention, you program your world to let events spontaneously unfold in such a way that they will bring you closer to your goal. As a result, you let go your grip and allow outer intention to realize the goal. Now you can relax and give yourself permission to simply enjoy the target slide. You are no longer

obliged to work on it, the world is doing it for you. You are expressing a firm intention and see the goal as an inevitable finale. "I have....."

“Giving focus to your intention is a very powerful thing.”

“Success loves regularity the most. Over the course of one month systematically and consciously focus your thoughts on a goal!”

“In the ordinary state of consciousness, the layer of your world moves with the alternatives flow, in the stream of least energy expenditure. Intense visualization causes the stream to be straightened so that it takes the most direct route to your goal.

“Narrowly-focused thought energy carries your individual reality into intermediate areas of the alternatives space which lie to the side of the normal flow and where everything functions at an optimal level.”

“Adopt the intention of the Maker: everything is going as it should because that is what I have decided. I am no longer at the mercy of circumstances but neither do I try and control everything. By playing the target slide in my mind's eye it is not the circumstances I am shaping but an ultimate picture of the world I intend to live in. Attempts to influence events are the work of the mind's inner intention which tries to push for its own scenario. The mind has no way of knowing what awaits it on the path to the goal. Circumstances are created by outer intention and the alternatives flow.”

“When you stand external to the world's mirror, Eternity lies before with its limitless possibilities. The alternative space holds three truly invaluable gifts; your future which you are capable of materializing, sacred knowledge which can transform you into a genius and something else that takes your breath away.”

“Assert your right to be a chosen one. From this moment onward You have chosen yourself. You do not have this right because you are worthy or capable. You have this right, because it is your birthright. The alternatives space contains everything including the most important thing intended for you personally - the verdict that you have this right. This is your ticket to

Eternity and sanction for your privilege to be the Maker of your own reality.”

“If you methodically turn the slide in your thoughts, the flow of events and circumstances you encounter will be aimed towards the goal. You do not need to have a precise plan or know how it might be realized. There is no need to think about the means. The right doors will open at the right time - concrete paths and opportunities and you will spot them. You must not place strict conditions on how the goal should be reached. Your task is to concentrate on the final result.”

“Intense visualization causes the stream to be straightened so that it takes the most direct route to your goal.”

“The alternatives space contains everything and everything that you wish for heart and mind is yours. You should be aware however, that a gatekeeper stands at the threshold to Eternity, an absolute law that guards access to everything to be found there. This implacable guard only permits access to those who have the boldness to assert their right as Maker. Your verdict is your entrance pass: I am capable and worthy because I have decided it is so. I do not want or hope, I intend. Claim your right and the gatekeeper will open the gates of Eternity before you.”

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