

An excerpt from “The Science of Getting Rich, Updated for the 21st Century” by Wallace Wattles and Dr. Jane Ma'ati Smith C.Hyp. Msc.D.

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APPENIDX B- It's all about Energy

Physics is a science that studies the interactions between matter and energy; the prefix “meta” indicates that which goes beyond or transcends- thus, “metaphysics” is the esoteric study of the interaction between energy and matter. It is the very basis of the art and the use of energy to effect the material world.

The physical, material world is made up of atoms and molecules, held together with energy. The nonphysical world of thoughts, emotions and spirit is made of pure energy- it is, in fact, part of a web of energy that holds our perceived reality together. It seems logical then, that if your spirit, thoughts and emotions are part of the web of energy that forms the cohesiveness of reality, that it must then have some effect on it. It does- our thoughts and emotions form our individual and collective reality, through the medium of spiritual energy. The trick is, using this energy to create the reality you want!

The first thing you must understand is this- “As Below, So Above”. This means that the reality you create in your outer world is a reflection of your inner world, both conscious and unconscious. Attempting to create with an underlying energy of turmoil, heart break, ego or anger will ultimately bring only more of the same, to not only you, but to those around you. The substance of the Universe is composed of energy; a thought, firmly pressed into this ‘substance’, with the power of desire and the energy of emotion to feed it, will sprout and grow, like a seed.

All religions have certain spiritual ‘Laws’, designed to aid their followers in leading more fulfilling lives. We, as individuals, may or may not agree with the ‘Laws’ of particular religions, but the root of this tradition is important; the world we live in is comprised of energy (to the religious, God), and this energy responds to our thoughts, our actions, and our emotions, thus creating our individual and common reality.

The Basic Laws of Universal Energy

#1- The energy of the Universe responds to our thoughts, both conscious and unconscious, to create our reality. Thus, the first step to creating the reality we want is to align the thoughts of our conscious and unconscious minds with the vision of our desire. Our unconscious mind is not as “unconscious” and hard to access as we’d like to believe- the running dialog we carry on with ourselves, and the sometimes disturbing and

intrusive thoughts we push away is our unconscious mind speaking to us, and making its feelings and beliefs known to us. Acknowledge and accept these thoughts, and if they are not aligned with the reality you want to create, don't fight them; instead simply acknowledge them and lovingly release them, allowing the vision you want to grow and take hold.

#2- This Universal energy is *creative*, not *competitive*. The purpose of this energy is to ultimately *create more life*. In order to align yourself with this energy, you must also pass from the competitive to the creative, creating more life for all. No one has to lose in order for you to win; work your magic and live your life so that all will win! Give more than you receive, knowing in your heart the Universal energy will always create more for all.

#3- The Universal energy resonates with the frequency of *Love and Gratitude*. Resonating with the frequency of love and gratitude aligns you with the frequency of the Universal energy, keeping you within the realm of the creative mind. Nurture the seeds you plant within the Creative Mind with love and gratitude, and the Universal energy will grow your vision.

#4- It's ironic, *but the desires you focus most intensely on will often be the most difficult to manifest*. This is because mental and emotional *obsessions* come from a place of 'want', and the Universe will respond to the deepest, most underlying emotions powering your desire. *Want* and *need* have a tendency to keep your dreams just out of reach, like the proverbial 'brass ring' on a Merry Go Round. Feel that you *have*, not that you *want*, and nurture a deep sense of gratitude to the Powers that Be for the continual, unfolding manifestation of your dream. Letting go of mental and emotional obsessions will free your spirit to create on many levels!

#5- The Universal Mind works to create through the everyday channels of reality (which is really the energetic 'construct' created by everyone's combined thoughts, emotions, and energy). Open the channels of Universal energy to flow in your direction by actively working within everyday reality to manifest your dreams. It's all about finding the energetic 'flow'. The flow of the Universe is known as "synchronicity".

What is synchronicity?

"Synchronicity" is a term coined by the great psychologist C.G. Jung for "meaningful coincidence", events that seemingly have no causal relationship, but are in fact related on a higher plane of meaning. Have you ever thought of someone, only to run into that person later in the day? Or perhaps you narrowly avoided an accident, by turning the corner at just the right time? Synchronicity happens constantly, but most of us only notice the most obvious instances. Synchronicity is often preceded by deep emotional or mental activity, or, often the mind has been seemingly "distracted" in a state of "day dreaming", and your automatic, unthinking actions led you down the "right path".

Nothing is really a coincidence, and the trail of synchronicity can lead you to meet the right people, at the right place, at the right time, which is really very magic! How can this be done?

#1- Pay attention to what is going on around you, *without analyzing or judging!* Our “inner critic” often dismisses synchronicity, because it doesn’t seem logical, it’s unexpected, or the person or place presented doesn’t meet your own preconceived expectations.

#2- Learn to know the difference between premonition and wishful thinking. Is your urge to go to a certain place motivated by preconceived desires or obsessions- “my ex often goes to that park, I think I’ll go to the park” (with the secret hope you’ll “*accidentally*” run into him?) Real synchronicity would be the park keeps popping into your mind, for no apparent reason or ulterior motives. You go, and maybe you meet no one, but it was nice to get outside, and you feel renewed. Or, maybe you meet an old coworker from an old job, someone you hadn’t even thought of, who gives you a lead for a new job.... which leads you to meet new people, which leads you to meet your soul mate, months later!

#3- Understand that the trip is half the fun! The results of your “creative” workings most likely will not land neatly in your lap. What is most likely to happen is that the *intent* you put into your creating will subtly change the energetic flow around you- so the message is, go with the flow! Recognize and follow the trail of synchronicity that has magically opened before you.

How to distinguish synchronicity and premonition from wishful thinking

Wishful thinking is generally accompanied by a feeling of anxiety, the thoughts keep popping into your head, but there is an intrusive quality to it. You get the feeling you should go somewhere or do something, but are mentally planning on some level what you would like to happen, relating to an obsession. You want something specific to happen, and are semi-consciously scanning for an opening.

Synchronicity is generally accompanied by a sense of calm, of mindlessness, a feeling that you should follow your feelings, but really don’t know why. The path is laid out by honest desires, that which will lead you to develop your true self. We are all born into this life with certain innate talents, with certain spiritual goals, and the path to real, beneficial creation relies on self knowledge, and the ability to let go of false desires and obsessions. Synchronicity might lead us to people and places we’ve never even dreamed of, for reasons we can’t even imagine. But finding that path is the key to leading a truly magical life!

MEDITATION

Before I get into the meditations, let me define the word **Chakra**- it is a Sanskrit (Hindu) word meaning "spinning wheel of energy". These energy centers within our bodies receive and transmit energy, and each is situated at a major endocrine gland, and nerve bundle within the physical body, called a plexus. Each chakra is connected and associated with a different part of the body. There are seven chakras. Understanding and using your chakras can promote physical, emotional and spiritual healing, and can lend energy to your manifesting.

A tip about the "Third Eye" Chakra..... people often assume the "brow chakra" or "Third Eye" is in the *center of the forehead, right between the eyes*. This IS NOT SO. This chakra is actually *in the center of the brain*. Please try this experiment- pull your "attention" away from your forehead, back into the center of your brain..... does your mind quiet? Is there less 'mind chatter'? You see, when you mentally and energetically 'reach out' to meet a person or a situation, you are becoming 'uncentered' and stimulating 'mind chatter'. Just stay right in the *center of your head*, and allow the people and situations *to come to you*. There is nothing wrong with this- in fact, it more easily allows them to stay "centered", and they will be easier to deal with!

Another chakra centering technique is to remain balanced at the heart chakra- the ancient Egyptians, one of the most amazingly creative, wealthy and advanced civilizations of the ancient world, actually believed the heart was the center of *thought*. In other words, they believed the *brain was in the heart, not the head!* What this tells me is, the Egyptians remained "centered" at their heart chakra, and this is where they created from.

The top three chakras- the crown, third eye and throat- are the seat of your masculine energy. They are responsible for critical and analytical thought, logic and reason.

The lower three chakras- the root, navel and solar plexus- are the seat of your feminine energy. They are responsible for your emotional reactions and memories, your creativity, and your capacity for childlike wonder and delight.

The heart chakra is where the male and female energies meet- it is the most potent place from which to imagine and visualize your desires. Staying centered in the heart will help you avoid the pointless mind chatter of the masculine, and the anxious worry of the feminine; stay focused on your heart's desire for the best results!

Controlling the flow of your own energy is not only the key to success, but to your happiness and health. How do you do this? Through practicing the art of meditation.

Five Pointed Star Meditation

Find a quiet place and time, where you can have at least fifteen minutes of peace and quiet. Lie down, with your arms and legs gently spread apart- comfortably, and not too wide. Make sure your hands are facing palms up.

Feel yourself sinking into the floor, just melting and glowing, feeling very heavy. Locate the chakras in your hands and feet- your hand chakras are in the center of your palms, and your feet chakras are in the center of the arch of your feet. Open these chakras up, and feel energy flowing through them, and up your arms and legs. Let the energy flow up to your heart chakra- combine the energy from your arms and legs in your heart center. From the heart center, let the energy flow freely upwards, through the center of your head, and out the crown chakra. Let this energy fountain out through your crown, flowing out into your aura. Feel your aura glowing big and bright, like a star.

Keep glowing until you feel your energy field is whole and complete. Gently relax the flow of energy, until you feel solid, and back to the 'real world'. Your mind should now be free of clutter, and your body should feel energized!

Sacred Tree Meditation

The Buddha found Enlightenment while meditating under a Bo tree. This quick and easy meditation may not free you from the Cycles of Rebirth or the Wheel of Karma, but it might just free you from the psychic stress and tensions of your day to day life, thus enabling you to focus more clearly on your true purpose.

Find a quiet place and time, take off your shoes, close your eyes, and stand with your hands hanging heavily at your side. Imagine yourself surrounded by a warm, white light, and breathe this energy in, deeply and slowly.

Feel your feet on the floor, and imagine growing roots- let these roots grow way down deep, right to the center of the Earth. As these roots ground you and connect you to our Mother Earth, release all the psychic negativity of your day- release all the people, the problems, all the responsibilities back to the Earth. Breathe deeply, and feel all the energy that's been keeping you from feeling grounded and centered drain out, and into the core of the Earth.

Now, imagine your roots absorbing the nourishment Mother Earth has to offer- feel this warm, powerful energy from the Earth's core rise up through your roots, through your feet, your legs, your hips, your torso. When you feel the energy reach your shoulders, let your tree grow branches. Reach these branches up into the Universe, far out into the Cosmos. Feel the psychic energy of the Universe flowing through your branches, through your head, and down through your trunk. Allow this Cosmic clairvoyant energy to flow right down through your roots, into the Earth. Feel the Earth energy rising up, the Cosmic flowing down. You are now grounded to the Earth, and in tune with the Cosmos.

When you are ready, call back all the psychic energy you've lost and left behind through out the day, and gather it up into a hot, glowing golden sun above your head. Let this gold sun of your own psychic energy flow through your head, down your arms, filling up your entire body, right down to your feet. If you want, make another gold sun to shine down and nourish your "tree". When you are ready, open your eyes, stretch, and feel refreshed!

A More Advanced Meditation

This is a more advanced meditation technique, which builds on what you have learned from the "Sacred Tree" meditation. It is broken down into five lessons- *master each lesson before moving onto the next*. This meditation technique is very powerful, and has nothing to do with the common notion that meditation is about "sitting around cross legged, not thinking about anything". It will engage the energies of your own body and aura for a powerful spiritual cleansing, thus clearing the way for personal growth and healing on all levels.

Lesson One – Grounding

Get comfortable, close your eyes, and relax. Now, bring your attention to you body, notice how it feels. Is there any tightness, or agitation? Are you carrying any energy left over from your day?

Take a deep breath, notice the base of your spine, which is your 1st chakra. The 1st chakra is where you will ground. When you make a connection to the Earth, it stabilizes your body, and allows you to release energy back to the planet.

Mentally see a bright spot of energy at your 1st chakra. Notice what happens to your body when you say hello to your 1st chakra.

Next, notice the planet, and send a hello deep down into the center of the Earth. Notice how your body feels to acknowledge the center of the planet.

Next, you will create a grounding cord - consider an image you'd like to use; a beam of light, a waterfall, a tree, an umbilical cord. Feel the bright spot of energy at the base of your spine, and send another hello to the center of the planet. Now, step back and connect the two points with your image, sending your grounding cord deep down into the center of the planet. Notice what happens to your body when you connect the two points - does your body release energy? Do you feel yourself coming back deeper into yourself? Do you feel more solid?

Take a deep breath, and consciously decide to release energy - just let go of your day, your job, your responsibilities, at least for now, and allow yourself to connect with your body. How does it feel to release energy? Notice your body, and use your grounding cord to release and relax. Notice if you're tight or tense anywhere- these are points where you may be carrying foreign energy. Say hello to them, and let go- don't force or push the energy out, just let it drop out. Release all the foreign energy point by point, letting it fall through your body and down your grounding cord, back to the center of the Earth.

Next, you'll need to replenish the energy you've released, but you don't want to replace it with the same energy. Instead, imagine a golden sun above your head, and call back your own energy from where ever you left it. Make your sun big and bright, and let it flow through the top of your head and into all the places you've released. Let it flow through your entire body, filling up your feet, your hands, your fingers. If you want, make another sun.

When you're full, take a deep breath, open your eyes, stretch, and enjoy the feeling of being grounded.

Lesson Two - Creating Space

Get comfortable in your chair, take a deep breath, and say hello to your body. How do you feel? Settle in, close your eyes, and notice your entire body, especially your skin. Notice your size, how does it feel?

Notice your 1st chakra and the center of the planet, and send a hello to the two points. Create a grounding cord and connect. How does your body feel to connect and release energy?

Bring your awareness to your body again. Notice your "space"- your space is your aura. Become aware of this energy around you, feel its size, imagine a bubble under your feet, over your head, behind you, in front of you. What happens to your body when you notice this space? How do you feel?

Continue to stay aware of your grounding. You can carry foreign energy in your aura, too. Release any foreign energy from your aura, you don't need to identify it, just release it, and let it go.

Take a deep breathe. Now, notice your room - take your aura, and extend it to fill up the room. How does that feel? Sometimes your aura is big, sometimes it's small- do you feel you lose a sense of yourself, of your space, if you extend it too big? Now, extend it to encompass the building- how does that feel? Are you comfortable doing this? If it feels uncomfortable, try it anyway, just for the experience.

Now bring it back to the room, then back to your body, about two feet around your body. Now pull it in another foot, pull it in to six inches. How does that feel? Do you feel like you don't have enough space? Now bring it back to about two feet. Find a comfortable place. Sometimes just moving your aura around shakes out the alien energy.

Notice your grounding cord, and continue to release energy. Now get the idea of "owning" your space- in the owning and creating of space for yourself, you set the stage to heal yourself as a spirit. Once you feel that ownership, create a gold sun, and bring your energy back from where you left it. Make the sun at least as big as your space, or even bigger. Bring the sun in, fill up your body and your aura. When you are ready, open your eyes, stretch, and enjoy the feeling of owning your space.

Lesson Three - The center of your head

Get comfortable, take a deep breath, notice your surroundings, notice your body, and relax. Notice the base of your spine and send a hello to the center of the planet. Connect the two with a line of energy, creating a grounding cord.

Once you are grounded, take a deep breath, and notice where your attention is. Is it on your body, on your job, on your kids? As you get an idea of where your attention is, get the idea of bringing it back to yourself, back to your body.

As an experiment, become aware of your right hand. Put your attention in the palm of your hand. Notice what it feels like to have your attention in the palm of your hand. Now notice your left foot, *be* in your left foot. Now notice your nose -let yourself *be* at the tip of your nose. Then notice your eyes- move back until your attention is right behind your eyes. Notice what you find there, how does it feel to be in the center of your head? Is it noisy? Are there thoughts there, or other people? Notice what is there, then notice that you are not any of these things, - you are the *awareness* in the center of your head.

Now, take a deep breathe, and release whatever it is you've found in the center of your head. Release it down your grounding cord, just let go of those thoughts, images and sensations. What happens when you let go? Notice how much room there is in the center of your head- as you let go, does that give you more room?

Now decide how you can create the center of your head as a sanctuary for yourself. You can create a beautiful room, or a landscape, a color, feeling of warmth. Create it just for yourself. Is it big enough? Notice what happens to your body when you settle into the center of your head. Acknowledge your body, and yourself in the center of your head.

Next, create a gold sun, and let it flow through the center of your head. Make another sun, and let it flow through and fill up the rest of your body. When you are all full, open your eyes, stretch, and enjoy the new perspective from the center of your head.

Lesson Four – Separation

Relax, take a deep breath, and say hello to your 1st chakra. Send a hello into the center of the planet, and create a grounding cord.

Put your awareness into the center of your head. Imagine a big gold sun, and call back all your energy into that gold sun. Once you've collected up all your energy, allow the gold sun to flow through the top of your head, through the center of your head, and fill up your entire body. Do you feel a change once you're grounded and filled up with your own energy?

Next, about eight inches from your forehead, get an image of your favorite flower, or maybe a bubble, or a miniature sun. Can you sense it? Can you feel it? Now release this image, and create another one- it could be another flower, or bubble or sun, or you could experiment with something different. Now release this image, just let it go.

Notice the center of your head, notice the space around you, find the edge of your space. Notice you can also use your grounding cord to ground your space.

Now, in front of you, get another image of a flower, or bubble or sun, but this time, with the idea that this image represents you on an energy level. What does this image look like? Is it vibrant or dull? Solid or wilted? If you don't like it, release it and make another- just do this until you get something you like.

Now set your image on the edge of your aura. Allow it to be between you and all the energies around you. Allow it to provide some separation between the demands and

expectations the world has of you. Get a sense of your job- let it be between you and your job. Get a sense of a person you work with- let your image be between you and this person, giving you space. You can even use it to give yourself space from your family.

As you find your separation from the things around you, you create more space for yourself. This space gives you the freedom to be you, to enjoy your own energy and ideas. Think of something you are supposed to be doing, a task, and allow yourself some space from it. How does that feel?

Allow your image to remain at the edge of your aura. Once you've found a sense of separation, create a gold sun, and fill yourself up. As you fill up, get a sense of owning your space, and owning your ability to be separate from the energies, people and things around you.

Lesson Five - Running Energy

Settle in, take a deep breath, and relax into your body. Notice the base of your spine, and send a hello to your 1st chakra. Notice the center of the planet, and send a hello to it. Then create a grounding cord, and connect these two points with a grounding cord.

Now bring your attention behind your eyes, into the center of your head. Notice your space, notice your body, notice your grounding.

Create your favorite separation image, and set it out in front of you, right at the edge of your aura. This allows you to separate from the energy around you, and go within.

Take a deep breath, and be aware of yourself in the center of your head. Notice your feet. Right in the arch of each foot is your feet chakras. Say hello to your feet chakras, and allow them to open up.

Now, send a hello into the center of the planet, and look deep within the planet for some Earth energy. It might be a color, an image, it might be a vast underground lake, or a great, glowing underground pool of lava.

Bring that Earth energy up, like a line of energy coming up through the planet. Allow your feet chakras to draw this energy up, let it flow through your leg channels, imagine the Earth energy flowing up through your legs to the 1st chakra. When the energy reaches the 1st chakra, allow it to fall back down your grounding cord. Notice what happens to your body when you run Earth energy.

Take a deep breath, notice yourself in the center of your head, and notice that the Earth energy keeps on flowing once it starts, it automatically keeps flowing, like a siphon.

Next, notice the top of your head, your crown chakra. Say hello to your crown chakra, and imagine opening it up. Send a hello out to the Universe, go way out, past the atmosphere, past the planet, beyond the Solar System, way out into space. Now, find an energy you'd like to bring in and run. Start to call that energy down to the top of your head, right into the back part of your crown chakra. Allow that energy to flow down your back channels, on either side of your spine, into the 1st chakra.

Allow the Earth energy and the Cosmic energy to mix, and then let it flow back up through the front channels. As it flows through your body, it cleans out and energizes all your chakras.

When it reaches your 5th chakra at your throat, allow some energy to flow down your arms, and out through your fingers.

The rest of the energy will flow up through your crown chakra, and fountain out of your head, into your aura.

Take a deep breath, be aware of yourself in the center of your head, and notice what it feels like to run energy.

Allow the energy to flow as long as you like. When you are ready, create a gold sun of your own energy above your head. Call back all your energy, and collect it up into a bright, hot golden sun. Then let it flow through your head, filling up your entire body. As you master the technique, try running different colors of Cosmic energy through your aura. See how running blue, green, yellow, pink, red, violet or blue makes you feel. If a particular color makes you feel good, go ahead and run it!

So that's it. See, meditation isn't that hard, and with just a little practice and a few minutes a day, it can make all the difference in how you feel, and more importantly, how you feel about life!

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