

# **When Things Keep Going Wrong**

(Transforming Adversity)

By

**Beyond Timelines**

E-Book/Module

Copyright © Beyond Timelines 2014

Published at Smashwords

## **Introduction**

Thank you for downloading this e-book module and welcome to personal and professional development using dynamic techniques of conscious transformation. Though it has to be said that once you get to know us, you might wonder why our light sense of humor has been omitted from this module. It is because a large degree of focus and connection is required and when setting out on this journey, all other things are distractions, and that includes our sense of humor. However, we promise that once the initial core modules have been applied, we will put lightness into forthcoming material, yet we assure you by the time you've got through this module that you will indeed feel better, more self reliant, and more in control than you do today. This is not to say that you are out of control, on the contrary, it is a suggestion that after reading and applying this module, your life will become more meaningful, your self esteem will grow, and your confidence will strengthen.

Nevertheless, by now you may be getting a hunch as to how intense these e-book modules may be – and we unashamedly prepare you now because yes, they are very intense!

Throughout they can appear heavy and you may come to points whereby you may just want to stop, and put the whole thing down. This is normal and expected. If you come to this juncture, then by all means put it down and rest, but please abstain from throwing it out, and do make a note that once things have cooled off, you will pick it up again.

This happens because when you challenge your own self, then yourself will come out to challenge you. First we come up against our own emotional and mental defenses, then we come up against the mind resisting change. However, by the time you have completed this module, not only will you have a good understanding of how human dynamics work, you will be gaining a large degree of control over your own inner dynamics.

Though being brutally honest, it has to be said that engaging with and transforming our own human dynamics can be quite a challenge, yet here's the truth. Once engaged and applied, which in a general sense can be weeks, months to a year, then real magic begins to happen. Not wishy washy, or unquantifiable, but genuine positive change and

improvements for the better.

Though what do we mean by real magic?

When read (and when read with intent to digest), the material within shifts the cogs and gears of the inner self. The upshot is that your entire life and reality begin to project and reflect these shifts, and on occasions reality provides a quantum leap that to the naked eye, looks like miracles.

So where did we get this material from?

Well, let's keep that until you've read the modules – yes, we said modules because there is more than one, but do not worry because the main 4 are all brought to you 100% free of charge.

With that being said, take some comfort in the knowledge that the module presented before you has been compiled with the upmost diligence. In our view, it is quality material distributed freely. Meaning that, for 10 years we really did work with high-ranking individuals, CEO's, middle managers, and everyday people, and you will directly benefit from their raw experiences and input. Each module has real facts and figures, and while the following makes no difference to your reading, we did not put these modules out until they were proven to unanimously work with consistency and reliability.

## **The Goal**

When a challenging, or dislikable circumstance, or negative life event happens, very rarely is it seen for its positive qualities. In fact, standard education often associates challenging events with 'unfortunate' people. However, we will demonstrate that there is an alternative, and that when the finer details are ignored and the focus shifts to the bigger picture, then a whole new reality opens. That is, when the focus of your mind moves from dwelling over life's moment-to-moment details, to perceiving your own bigger picture, then no single event could be deemed as entirely adverse.

Irrespective of individuals who say, "*Ah but you are not me, and you do not know how challenging and negative my life has been*", and irrespective of extreme tragedy, there is an understanding that when faced with adversity, at the core of the individual, there was something that had to be understood.

This may not be the answer being searched for, nevertheless, this module is like no other in so much that what will be demonstrated is that when your own life and reality is perceived, then viewed from 'wide screen mode', then what initially appeared as adverse events, can be seen as positive adversity in action.

Positive adversity is where real life events, situations and circumstances give the initial appearance of going wrong, and are viewed as destructive. When, in fact they are contributing to a much larger, bigger picture of unfolding positivity.

For example, in losing his job, Tim went onto become a self-employed business success, and in getting divorced, Julie became a renowned marriage guidance counselor. Had

Tim not lost his job, he may still be an unfulfilled office executive, likewise, if Julie had not experienced divorce, she may not be living the purpose she now states that she was born to do.

This is all well and good, but what about long term adversity such as poverty or extremely adverse events such as personal tragedies?

As impossible as this might sound our experience has shown that most all of life's events have something positive to convey. Whether one is in a position to perceive is another aspect. Yet, we hear you say, what about war, torture, rape, nasty crime, murder, and losing loved ones, etc. Where is the positive meaning in living a life subject to one of the above?

Though while this module is not directed at why these events happen, it can find and raise the understanding and meaning to the person, or people it happens to. That is, our studies have shown that events happen for specific reasons, and until those reasons are consciously processed and understood, they will continue to deepen.

If life can be imagined as a jigsaw, and that each real life experience is a separate picture in that puzzle, then we can begin to perceive that a dark piece is not always contributing towards an overall black picture. Indeed, there can be dark clouds on sunny days, yet it does not mean the day is ruined. Life and the whole of reality can be found to be the same. There can be dark experiences and lengthy negative events, yet because they are not readily accepted, or seen for their overall positive contribution, they are cast aside and rejected.

With that in mind, we must also consider the opposite of adversity's opposite. It can be all too easy to get caught up desiring, and then expect nothing but a positive life. Assuming the grass to be greener on the other side has become a somewhat natural state of mind. Yet, throughout we will seek to confirm that irrespective of poverty, wealth, education, or health, and adversity. That positive adversity is equal, it does not discriminate, and it operates throughout all.

Though when referring to the word 'positive', what we are really stating is a constructive understanding. Avoiding the fabrication or manipulation of words, when we say, "**positive adversity**," what we really mean is that regardless of disliking, even hating something, that the overall long term aspect of this unwanted experience is genuinely **constructive**.

Though one may not immediately possess the ability to perceive this, with time and effort, 99.9% of all life's events can be reflected upon for their constructive elements. The outcome is that the sunshine is found hiding behind the dark clouds, and when viewed from this perspective, even in life's darkest events, the experience can be reflected upon for its real meaning. That is, the bigger picture called '*positive adversity*'.

To begin understanding the human dynamic of positive adversity, a certain amount of life's reflection is required. Yet, this is not a looking back advocating this should have, could have, or ought to have happened. The suggestion is to reflect upon your own life, and pick out only that which resonates.

What follows is a brief but true story...

Daniel worked as a manager for a local company. After seven extremely successful years, without much warning, he was fired. This hit Daniel so hard that he spiraled into a state of anxiety, panic, and mid-term depression.

Yet, fast forward ten years and Daniel was now chairman of his own International manufacturing company, and though it bore no relation to his original position, had he not experienced what he did, when he did, then it is highly unlikely he would be where he is today. That is, ten years prior, Daniel's vision was living and working a local life, growing and developing with the same company. Had that happened, Daniel would not have met and married his foreign wife, he would not speak a foreign language, he would not have the depth of another culture, yet most importantly, and in Daniel's own words he would not "have grown."

The word 'growth' is a key element towards understanding life's bigger picture. For more often than not, we do not always know ourselves what is and is not good for us. Yet, even wrong turnings in life hold positive adversity.

The model we are going to use to frame our understanding is 'consciousness', and while it is said that there are only two guarantees in life. That is taxes and death; our understanding is that there is only one. That is consciousness, and while consciousness is covered in its own module, what is being outlined is that you yourself possess and indeed are a piece of pure consciousness.

Yet how do you know you possess, and perhaps are just pure consciousness?

Well, there is a small test that can quickly and easily be performed on the self. That is, trying to remove, and exist without your own consciousness. Have a chat to yourself, asking who and what you are. Once you have done this, tell whomever it is you are chatting with to go away and leave you alone. As illogical as this now sounds, instruct your own inner self, your soul, you, however you refer to yourself, tell it to go away.

It is not humanly possible right?

This is perhaps one of life's greatest kept secrets, and one of life's only guarantees. That is consciousness, or more specifically, your own **'human consciousness'** is all there is and without it, nothing would or could ever exist.

However, we will not get too bogged down with consciousness, only to suggest raising it to the mind and using it as a tool. That is, it is now commonly understood that human awareness stems from universal consciousness. While the mind uses consciousness to function and formulate perception, the mind is not consciousness alone.

Nevertheless, and for now, let's keep it simple.

## **Section 1 - The Dynamics of Adversity**

The dynamics of adversity could be described as not only negative, but packed full of

**‘positive potential’.** As with all human energy, for each dynamic that births into existence, simultaneously its equal and polar opposite also exists. While there is a definite science behind this, please allow us to maintain simplicity.

That is positive adversity coexists alongside adversity.

However, before we move onto that, let us now understand the two major elements that birth, create and fuel negative adversity:

1 - Limited ‘conscious’ understanding.

2 - Distorted perceptual awareness.

Please do not misinterpret the word ‘limited’ as a negative suggestion, as once the human mind is bypassed and limitations are viewed for what they really are. That is, in our understanding, the word limited signals an opportunity for personal and professional growth and development. Furthermore, and when all three words are put together. That is ‘limited conscious understanding’, it then becomes a statement of fact that when approached with open curiosity, the dynamics can and do radically improve life.

However, and as mentioned above, the first system to bypass is one’s own mind, which really is just a form of conditioned thinking.

What is this conditioned thinking and where does it come from?

Conditioned thinking can be thought of like bringing a puppy into a home, where basic training takes place. That is, toilet training, living habits, food times, and many other forms of etiquette. Eventually the furry friend will become conditioned to the ways, and the animals mind will automatically become conditioned to think the way it has been trained.

Although higher up the evolutionary ladder, as humans we appear to operate in a not too dissimilar fashion. That is, to shape, carve, and mold. During childhood, one must rely upon parents, peers, and their entire environment for initial conditioning. By adulthood, the individual mind has been conditioned to perceive and believe a certain way. As conditioned thinking uses perception, and perception is highly subjective, it ends up working to a person’s advantage, or more often than not - to a disadvantage.

Furthermore, perception, and conditioned thinking overtake and consume intuition, and eventually the idea of ‘human consciousness’ becomes alien. It is a vicious circle, yet one that is easily rectified.

However, where human consciousness originates from we do not profess to know. Though what we do know, is that consciousness is now allowing itself to become understood. With this, there is a common knowledge that the mind is not consciousness, it uses consciousness to create life and reality, but it is not pure consciousness. With this in mind, your consciousness creates a perception of all things in existence, and it is this perception that goes onto govern you. When you think, believe, analyze, judge and opinionize, consciousness is being used to power your perception, but it is not who and what you are.

So who are you? And who is in the core, who is at the inner of you?

The truth is, you do not know right?

Exactly - The truth is you, me, we, do not really know who we are, yet here is a known paradox. You already know that you do not know who you are, at the same time you know that what you are is all there is. In other words, the stuff that runs through creates and maintains you, is most likely the same stuff that is in all there is. Though we say "most likely" only because it is not yet proven, and we say stuff, though we really mean **human consciousness**. Nevertheless, you know it exists, because it is you. Yet as an individual we cannot admit this to ourselves simply because it means you might not be a separate individual, therefore you would not be who you say you are, right?

Phew!!!! Yes, upon first read it is quite taxing, though please stick with it because this is the conditioned thinking spoke of earlier that requires bypassed. As conditioned thinking and perception has convinced the mind that it is the creator, the mind must be bypassed to access the real source of creation, i.e. conscious awareness. Though please consider that this is not a real conflict because ultimately you already know and are aware that there is a source of creation running through you. What distorts this source of energy is the sub-unconscious identification with perception.

OK, now that is out of the way, it is time to highlight the dynamics of why and how adversity happens.

1 - Lack of conscious understanding

We only need to study past science, philosophy and history to know that there are set principles, strict parameters, and definitive dynamics that rule the entire universe. What has distorted our belief and made these principles confusing is other humans interpretations of these dynamics.

Whether one believes or dispels, accepts or rejects, the laws of the universe appear to be the laws of the universe. It is said that "*reality can bend a man but man cannot bend reality*" (author unknown), and while we cannot quantify this as a definitive truth. Our own studies have shown that when one does indeed change the self, than the fabric of their reality also changes.

Though, this is not a suggestion of insignificance, as on the contrary, without people, there is no existence. Though what is meant is conscious or not, lack of awareness means the individual in question has no other choice than to live life submissive to their own reality. This does not mean they are low, stupid, or uneducated. It simply means that if consciousness cannot permeate the individual to a level whereby they can innately perceive, then they are naturally governed by enslavement.

An individual caught up unaware of their own awareness can be likened to that of a dog chasing its own tail. Like the dog does not recognize its own tail, the individual does not recognize its own awareness.

That is, they have no conscious or innate awareness of why and how things happen.

These individuals could be wealthy, highly educated, poor, or desperate - it appears consciousness does not discriminate. However, what prevents an individual perceiving their own truth is their very own mind, beliefs, ego, and perception, etc.

As an example only, what follows is a highly extreme but brief true story...

On a sunny afternoon, Judy returned home to find her husband had tragically taken his own life. Initially she was horrified, and hardly able to bear the pain. With no understanding of why, she felt anger amidst the pain. Why Jack, why her, why, why, why? With the passage of time, came loneliness, and with aloneness came self-reflection, which in turn began to reveal answers.

Answers equals awareness, or better stated the raising of conscious understanding, and while it is not everyone that gets to understand why a loved one took their own life, there is always a reason why. If we do not know that reason, it is a lack of understanding of our own conscious awareness and there is indeed something that is yet to be understood. Nevertheless, this does not signal that future suicides are inevitable, as what is to be understood will surface elsewhere in life.

In the case of Judy, it took three long years of self-reflection to consciously concede to her inner self. In doing so, she came to the conscious realization that although it was a very bitter pill to swallow, there were constructive understandings to be gleaned. She also became aware that without these understandings, she would not be the compassionate person that she is today.

While it is easy to say, events naturally carve and change people, and that is true. **There is an understanding that provided 'conscious awareness is consciously developed', then a large degree of negative adversity need not happen.**

That is, from every adverse event studied, not only could they be traced back to their origins of conception, with conscious understanding, they could also be rewritten.

While this may sound like science fiction, assurance is given that this is nothing more than everyday life and reality. When adversity happens, it is happening because of past actions and reactions, and it will go on happening until whatever the required understanding permeates the individual's consciousness.

Being subject to a world of duality, means that we are largely connected to the motivators of pain and fear, desire and love. However, the two most common drivers that propel and move individuals, groups and whole nations forward appear to be fear and pain.

Nevertheless, please do not despair, as there is another human driver that is much more powerful than the motivator of fear, and it will be revealed to you a little later on.

When 'limited conscious awareness', is referred to, what is really being said is this:

Imagine seeing a building and someone asks what the interior is like, but you have not yet been inside. This does not mean you are uneducated, or stupid. It simply means there is a limited awareness of the building and with a little conscious effort. That is, in

viewing the interior, you acquire conscious knowledge - which is referred to as an expansion, or raising of consciousness.

## **Section 2 - Distorted Awareness**

This is a follow on from limited conscious understanding as no matter how much conscious awareness one has, if their perception is distorted then only a delusional reality can ensue.

Though how do we know when reality is delusional?

Generally speaking, when an individual is deeply attached to desired outcomes, and those attachments are founded upon core fears, then a delusional reality ensues.

For instance, we all find humor with the wannabe pop star who sings like a cat, but is convinced that the judges, and audience of thousands are wrong. There are those that have grand idea of being the world's best entrepreneur, yet lack the most basic and essential business acumen, and there are those that begin life with the dream of a fairytale, yet end up with real life crises, anxiety, and depression.

Delusion is a bi product of wrong perceptual awareness, and wrong perceptual awareness is a bi product of negatively perceived experiences. Negatively perceived experiences are a lack, or limitation of conscious understanding, and so it becomes a vicious, self-perpetuating cycle. Perception is like a bicycle and it needs to keep perceiving in order to maintain itself. Like a bicycle needs wheels, a chain, gears, and a frame to move. Perception requires sight, sound, taste, touch, or smell, coupled with intuition, which then goes onto form beliefs, attitudes, opinions, and judgments, etc.

Imagine a worker named Duncan, who is managed by his boss named Greg. If Greg has perceived Duncan as a lazy man, then every time Greg comes into contact with Duncan, his first thoughts will be 'here's lazy Duncan'. In a sense this is correctly functioning perception and unless something drastic were to happen, Greg would always perceive and believe Duncan to be a lazy man. However, it does not mean that Duncan is a lazy man, it means that Greg's perception of him is lazy, and this is where perception catches us out.

Though what is powering perception is human consciousness and here lies another of life's paradoxes. That is, human consciousness is used to power perception, yet whether conscious, sub, or unconscious of this consciousness. This consciousness appears to allow unconditional free choice, and it does not seem to discriminate. Yet when human consciousness is raised to a level of being aware of itself, it can then be used to not only power, but CHANGE the dynamics of the very perception it is powering.

It is with this very knowledge and understanding that we come to see that with every adverse event and experience, life is trying to tell us something. That is, wrong perceptual awareness creates the wannabe pop star that sings like a cat, but for his own long term good, he is being notched in the right direction. In his pursuit for delusion, positive adversity creates an equal and polar opposite event to show him or her their own

truth. That is, he or she will experience disappointment, pain and even fear until they come to the same conscious understanding as both the judges and the audience.

What they perceive to be an adverse event, is in fact their bigger picture of life and reality trying to convey through positive adversity. Yet pain and fear as positive motivators are only ever perceivable when we move to the bigger picture mode.

However, as humans are largely disconnected from their own consciousness, and deeply attached to their perceptual mind and individual self, there is little choice but for “**overall consciousness**” to convey these messages through drivers and motivators of fear and pain.

Yet it goes further. Overall consciousness is not something that is outside or separate from the individual self, yet to point and date, there has been little understanding of it. Overall consciousness is you and it is our suggestion that until this is recognized, accepted and embraced, then adverse events will continue to happen. Though please note that these are not personal opinions, or wild judgments as our studies have shown that when ignored, denied, or disbelieved, adverse events deepen, even compound until ones awareness consciously makes a choice to change.

Though delusional thinking stems from real life past events that have been perceived as a negative and then overlaid with energies of desire. That is, he or she becomes desperate for stardom because of negatively perceived past core experiences, that have long slipped away from the conscious, even subconscious self and the paradox is, until this core associated experience or experiences are addressed, both fame and fortune will elude.

For example, he has become desperate for fame and fortune, which is really just a core energy likely to be insecurity bleeding through as insignificance, then guising and cloaking itself as an energy of desire. Or she hankers after fame and fortune because she thinks fame and riches will bring her the happiness and fulfillment that her core fears are propelling her into believing.

Yet none of these are their own truth and both their live's and realities will continue to reflect adverse events until the core of their desires are unearthed and dissolved. If this were not truth, then fame and fortune would not elude and they would indeed become wealthy and worthy in an instant. Yet at their core, they will both be connecting to something that is amiss.

It is this “*amiss*” part that is hidden away from their conscious self, and requires conscious engaging to unearth and dissolve.

However, overall consciousness is extremely dynamic and will allow an individual to approach life like a fairground bumping car, either the car avoids others working out the correct path, or bumps away endlessly until such a time its route is carved. Either way, it will find its path and free will appears to allow life and reality to unfold in a not too dissimilar fashion.

Nevertheless, please do not imagine that because you know of insecure people who have made it big, because there is an understanding that their associated core fears were not

overshadowing their innate desires. This is a very important factor, so please refer to Module I Can't Do It, Yes I Can, (Transforming Fear) for a detailed explanation of associated core experiences, fears, attachments, and how to dissolve and transform them into self-propelling motivating energy.

It is fair to say that at some point, most all individuals will meet with and experience some form of delusional thinking, and what sets us apart is the recognition, or rejection of this. Though what really makes a difference is when we turn on ourselves with our own conscious intent.

It can be nauseating to hear that, in order to enjoy good health, financial freedom, harmonious relationships, and longevity, one must become humble, less egoic, and selflessly serve others. These words are written and preached over and over again, yet the reality is, implementation appears delusional.

So how does one end the loop of delusional thinking, that is, how do we dissolve adversity and see it for what it really is - positive adversity?

Well, we will come to that as we progress, though for now, there is a common fact that delusional thinkers experience more adversity than balanced thinkers, and it appears to come down to one single factor - conscious awareness.

This simply means that the individual is more conscious that their inner dynamics are influencing and contributing to the creation of their objective reality. They may not fully understand the exact system of dynamic interactions, yet they have acquired and mastered enough skill to make life and reality work for them.

Yet, whatever the level of consciousness, all appeared to be experiencing highly subjective realities.

So is delusional thinking really responsible for adversity?

This can be answered in studying other cultures. For example, in the west it could be considered delusional to consciously pass through a red traffic light and expect to reach the other side safely? Yet in China it is common practice to ignore red traffic lights, and expect to reach the other side unscathed. While the west may hold the perception that this is 'delusional thinking', the east have no awareness of such a thought process.

The bigger the lack of awareness, the more severe the adversity.

### **Section 3 - The Origins of Adversity**

There is an understanding that the origins of adversity were created as a driver to move not only individuals, but whole groups, cultures, and the entire world forward.

Keeping it simple, adversity is often referred to as misfortune, bad luck, negative, distress, disaster, etc. It presents us with negative challenges, normally rooted in fear - yet what is its polar opposite? It could be said that privilege, harmony, well-being, fortunate, and faith are its opposites.

Yet where does it stem from, and what use is it?

It is said that when a person is subject to adversity, it is a time when their true colors are on full display. In other words, an angry person put under pressure becomes angrier, while a harmonious person put under pressure remains balanced. So, it will come as no surprise to know that the angry person who becomes angrier, experiences more adversity than the harmonious one.

With this in mind, and as much as we may not like to hear the following, yet the origins of adversity, misfortune and bad luck appear to birth from within oneself.

For example...

Imagine two individuals, Jack and John.

Jack was born and raised in what he described as severe adversity, while John was born and raised in what he described as a 'privileged household'. Paradoxically they were both born into similar backgrounds, class, and social structures.

Jack recalls his childhood as largely unhappy, fearful, adversely challenging, and not too pleasant to look back upon. On the other hand, John recalls his childhood with smiles, love, and full of uplifting inspirational events. A childhood he was extremely proud to have experienced.

Origins matter little to the understanding of adversity, in so much that both Jack and John had no conscious awareness of anything beyond their own individual memories. That is, it is widely understood that events and experiences beyond around five-years-old cannot be consciously recalled. In other words, adversity begins not with the big bang of the universe; it begins in the conscious mind of the individual. Though was it a coincidence that Jack experienced a life full of adversity, and John a life full of privileges?

Ironically, and nearing their 80's, Jack was riddled with physical illness, had led an unfulfilled life, did not believe in or recognize a deity, or anything other than himself. When asked to reflect, he could not consciously grasp the meaning of life, let alone his own existence and believed himself to be 'being punished'.

On the other hand, John could without effort reflect back with a more than a conscious understanding as to how he had lived a privileged life. In fact, John stated that the more he listened, attuned, and allowed his overall consciousness to guide him, miraculously his life improved, and it was this that kept him going.

Jack could not consciously understand why he was born the way he was, yet with effort, and guidance, he could reflect back with a little understanding as to how his own perception not only held him there, but was digging a deeper and deeper hole. He knew his life was almost over, and sadly welcomed the final curtain. Yet during one of our final interviews, there was an admission and an inner knowledge that his mind, thinking, and perception had perhaps contributed heavily to the creation of his own adversity. He spoke of others who enjoyed more than he, and how they differed in their thinking,

acting, and reacting. At the age of 79, he was consciously connecting the dots.

On the other hand, John was still going strong, his health was good and throughout, he had experienced only mild adversity. Yet unlike Jack, John spoke of an inner connection and an inner awareness that was his best friend. He had no plans for a passover and talked of going on well into his 100th year.

Ironically, where Jack had no awareness of the meaning of life, John did. Where Jack bumped around life like a fairground bumper car, John felt guided. Jack lived a hundred fold more adversity, yet John just knew how to circumnavigate it. Jack's take on life was 'it was torture' whereas John's take on life was 'a privilege'.

Jack passed away in 2011, aged 79. As of July 2014, John is 85 and still leading a healthy and full life.

What was the difference and why did these two almost similar people lead two very abstract lives?

Well, there does appear to be a set of global principles relating to adversity, when it will, and when it will not be experienced. That is, when an individual gravitates away from their own truth, buying into and believing their perceptual experiences, then an imbalance occurs.

The imbalance forms when an individual like Jack reacts to and takes direction from their perception. Thereby, they believe themselves to be separate and that entire life and reality is also separate. Over time, perception and mind enslaves them and eventually they believe that perception is them. Though perception is needed, it is meant to be a tool and not an attachment.

Remember the earlier case of Greg who perceived Duncan to be lazy, and the pop singer who sang like a Cat but perceived themselves to be the next global super star? Well, these are simply "subjective perceptions", but they are not necessarily the truth.

How does one know when they have wandered from their own truth?

When adversity is upon them. There appears to be simple rules and dynamics that govern reality and one of those dynamics can be described as follows;

When a puppy wanders from its owner, there is a leash to pull it back. No leash, and the puppy could become totally lost. Yet most all-new dog owners invest in a lead, or remain close at hand guiding and shaping the puppy to return. If the puppy dog goes too far, either the pain from the leash, or the fear in losing its owner, ensure its path is corrected.

Though humans have perhaps complicated their own reality, as on one hand we think that we are alone, then on the other hand we hope there is a deity. We like to think that we are totally free, but hope there are parameters to guide us. We like to think we are creators, yet have no idea how we created ourselves.

However, there does appear to be guidelines, boundaries and parameters governing life and reality, and it appears one must consciously work them out for themselves. Studies

are showing that consciousness is perhaps the ultimate creator, governor, and maintainer of life. As the more aware and connected an individual is to their overall consciousness, the less adversity life presents. Likewise, the less consciously aware the individual is, appears to encounter and experience more adversity. Furthermore, an individual bound by their perception, goes onto birth and manufacture adversity, whereas, an individual free from the mind and self goes onto live a life of privileges.

Nevertheless, please note that we do not profess to be the designers or architects of the universe, our suggestion is to adopt what resonates and discard what does not. Having said that, before anything hits the rubbish bin, please challenge yourself to try it out.

#### **Section 4 - How Can Adversity Be Reduced, Even Switched Around Altogether?**

There is little doubt that adversity affects not only individuals, but groups and whole cultures. For example, Jack led an individual life of adversity, and it could be said that born into certain parts of the world, one's whole environment would naturally be adverse. Though what can be done about it?

Well, there is an emerging understanding that all adversity stems from the mind of the individual. To stand any chance of reducing, or reversing, the power of imagination is required. That is, before believing the world happens, we must move to the premise that nothing happens without you. That is, if you did not exist, then neither does the entire world. Yes, it's a tough concept to grasp, though for short while, please allow yourself to follow this path.

Without you and your mind, there is no reality right? OK, we hear you say that life has gone on prior, and will go on after your passing, and this may indeed be true. Yet for you, nothing exists beyond your own existence right? OK, let's not get too far out, as this is merely a tool in developing awareness that there might only be YOU, and that everything in and around your reality could be a projection and reflection of your own overall consciousness. Though please note the word used was 'could be' and this is not a statement of fact. It is a model used to reduce and dissolve adversity, as it has been discovered that those who lead a life of privileges appear to be using this very system.

Now we are at the spot whereby at some point in life, your mind may have already pondered the above concept. Yet, for obvious fears, it was dismissed and rejected as a crazy idea. In fact as we have already seen with Jack, the more adverse life gets the less probable the thoughts of "conscious awareness" creating" become. However, if this were truth, and Jack was right, then life and reality would be deemed 'luck of the draw', but it does not appear to operate this way.

We suggest there are secrets to the universe, but these are only secrets because they are not readily accepted, and while there is no intent to patronize, please consider the following example;

Imagine a Monk lodges and application to become the next President of the USA, yet he

has never set foot outside Tibet, let alone possesses any knowledge of America. What do you think the public reaction would be?

Most, are likely to deem his proposal as inappropriate. Though irrespective of his intelligence, and higher state of consciousness, what is really being said is that he lacks a certain understanding, is limited in his awareness, and 'he just isn't one of them'.

The same can be said between those like Jack who experience a life full of adversity, against those like John, who seem to breeze through life in harmony. There is a growing understanding that there is no curse, no bad luck, and no random choices. What appears to be between them is a lack of understanding, through a limitation of awareness. However, because Jack's perception convinced him that perception was the creator, and John's awareness could perceive and know this not to be the truth, the route to living a life of privileges remains John's secret.

Though John does not attempt to tell Jack his secret for the same reason a parent does not explain deep science to their child. That is, Jack just won't get it, and he won't get it because his attention is following his perception, which locks him into the believing that which he is perceiving.

While it has been written many times before, that "**perception follows attention and attention goes where perception influences**", rarely do we stop to fully consider this. That is, "**attention**", or better said, "**full on focused attention**" is where consciousness is used to engage with something. If we are not conscious of this, then more often than not "**consciousness**" just follows an individual's perception, simply because it has no other choice.

Remember Greg perceived Duncan to be lazy, though this is most likely only a personal opinion because Greg's perception has locked him into this thought processing. Well, John just knows that Jack is caught up in a similar struggle. If John explained that he uses perception as a tool, and that his true guide is his overall consciousness, then it is most likely Jack would ridicule him and laugh.

Though before rejection or dismissal of the above, is it coincidence that those who live a life of minimal adversity, and enjoy more than the average privileges mostly use their inner system to interact?

Is it luck that the happiest, most content in life appear humble and calm?

Is financial and material success really just a blessing?

Is it coincidence that privileged individuals live amongst other privileged people? And that individuals experiencing adversity live near other adverse people?

Is this really just random?

Although it is easy to say yes, lengthy studies of adversity show that there are indeed common denominators to suggest otherwise. In other words and perhaps for the first time, what is being outlined is that harmony, privileges, fortune, freedom, vitality, and longevity etc. are all bi-products of an individual's "truth".

Though in layman's terms, what is truth?

Living one's truth translates to acquiring a level of consciousness to perceive that there is indeed an intelligent system of interactive dynamics, and then living from the rules that govern these dynamics.

Not only that, truth means '**consciously**' knowing that there is no separation from inner and outer reality, and that changes on the inside, eventually vibrate through to and reflect on the outside. Though in living one's truth, the individual disassociates from the negative ego. Not their entire ego, just the negative aspect, and they take direction from their overall consciousness. This is vital information, and it is a key element in developing the skills that are required to acquire it.

Though it all boils down to this:

Individuals who experience privilege over adversity, fortune over misfortune, harmony over distress, freedom over enslavement, all perceive their reality in a similar way. That is, they are aware of a connection between their inner and outer world, a line of consciousness that permeates both, and a system of dynamic conscious interaction.

Though please allow another of life's paradoxes, and one of the secrets behind the secret.

That is, '**one must never tell**'. There is a dynamic in the universe that states, once the inner truth is shared with outer reality, then all power goes with it. However, as there is not enough word space here to explain the concept of **explicate and implicate** reality, for now, please accept 'that it works'. In fact, you may like to take this one step further and try it out in your own reality.

Though it is best seen around a table of extremely privileged individuals, as each one believes they hold the key to a harmonious life, and they do because they are real living examples. Nevertheless, they NEVER speak of the conscious awareness that permeates and guides them because there is a mutual understanding that external reality is a direct result of their inner reality, and any attempt to separate it automatically engages the negative ego. When the ego becomes involved it assumes responsibility and itself to be the creator, and the link to their truth is broken.

That is, have you ever noticed humble individuals like actors Roger Moore and Paul Newman, inventors like Thomas Edison and Nicola Tesla, aids such as Florence Nightingale and Mother Teresa, and businesspeople like Bill Gates and Larry Ellison, did what they did, and achieved what they achieved, without publicly sharing their most intimate secrets?

Though we are not referring to their external successes. What is being referred to is their inner world of dynamic interactions, and the system that gravitated them to where they are. Additionally and albeit subjectively, they stay as far away from displaying their ego as humanly possible.

Though, consider that there are a minority of individuals where the negative ego is all but nonexistent, and that 'humbleness' is just a bi-product. In other words, what on the

outside looks like a kind, naive, innocent individual, is total detachment from the egoic self. That is, these individuals 'just know' that if they engage and boast through their external reality, all of life's privileges will begin to diminish and fade away.

This happens when an individual identifies with and attaches to their egoic perception. When they believe themselves to be separate, and that inner and outer are two, they have broken contact with their truth, and adversity begins.

While this is not a personal indictment of Mr. Simon Cowell, what can be noted is an obvious change in his external reality. That is, during his early years of rise to fame and fortune (2001/2 onwards), he projected vast amounts of public appreciation, gratitude, and humbleness. This produced an explosion in his popularity, personal and professional circumstances. Yet, as of 2012, adversity appears to have taken over. Publications in the British Newspapers such as The Daily Mail suggested that Simon is under excessive stress to the point of cracking up. The paper went on to say, "*With ratings for The X Factor in the UK falling like a stone (they are at an all-time low of eight million), plus the fact that The X Factor USA is losing the ratings war, as well as viewing figures for his British game show Red Or Black being so poor, he is facing setbacks on all fronts*".

The paper went on to quote, "*Simon is experiencing failure for the first time, and he's in real trouble because of it. He doesn't know who to trust, and he doesn't know how to turn it around. He's had years of everyone telling him that he is a genius, and of him ruling the entertainment world. Now it's all falling away. The crisis is real – and ongoing. Truth is that he has long struggled with insomnia, which he attempts to combat with sleeping pills*".

Simon in his own words said, "*I've got to work out my demons and come out of it. I have to get back to where I was years ago*".

As it was outlined earlier and irrespective of intelligence, wealth, fame, or otherwise, adversity does not discriminate. Furthermore though not commonly recognized or understood, for individuals like Simon, there is an understanding that adversity will continue to compound and deepen until the conscious self comes to understand their own truth, how far away they are from it, and more importantly, until adequate steps are taken to rectify it.

While this might sound like gobble-dee-gook, it is the difference between living the life of Jack, or living the life of John, only Simon like most are living both. If adverse situations are not consciously understood, then like the bumping car bumps its way around the circuit, adversity will continue in the same fashion.

So how is this changed, rectified and turned around for the better?

Well, there is a very simple solution that requires a large degree of effort. That is, to consciously understand. This tiny sentence holds an unlimited amount of power, for until something is consciously recognized, understood and more importantly 'processed' then adverse events will not go away. They cannot go away because this is a polar dynamic of the universe in operation.

Though in layman's terms what does this mean?

It means when life continually goes wrong, and when negative events and experiences engulf, then life and reality is conveying corrective messages. However, regardless of personal beliefs, opinions and judgments, in a general sense the messages are always 'positive'.

For example...

As much as the world at large likes, even loves Simon Cowell, how many really believe he is the genius that he believes himself to be? It may be recognized that genius and talent is running through him, but that talent and genius is not him. However, if Simon over identified with the egoic self, he would then be duped into believing himself to be the creator. Yet, as this is not the truth of the universe, reality has no other option but to show him his own truth. Therefore since a human's main motivators are largely by fear and pain, then this is how 'realignment' is experienced.

Realignment is the individuals system nudging them back towards their own truth.

For example...

Over the years Simon may have unknowingly, mistakenly and unintentionally drifted, yet the paradox is such like the dog chasing its own tail. In other words, like the dog does not consciously know it's chasing its own tail, it is most likely Simon does not consciously know the ego is preventing him from knowing himself. He may get bouts of insight, yet "full on" awareness is not there.

In fact the ego is a human dynamic that once over stimulated, runs wildly around the garden so to speak. That is, individuals whom get caught out with this, know not of their inner dynamics. If they did, then the ego could easily be brought under control. Though it must be emphasized that these references are not derivatively directed at Mr. Simon Cowell, or mentioned in a negative sense. On the contrary, the negative ego is an aspect of self, which can fool even the best of us into connecting with it.

Though what holds and maintains the negative ego in situation is the perceptual system of beliefs, attitudes, opinions, and judgments etc. It was spoke of earlier that in order to reduce adversity, the mind, which really means personal beliefs must '**consciously**' be put aside.

However, before we do that, let us go back to the projection and reflection theory.

As an analogy, imagine life and reality to be like a giant 3D video game, though instead of controlling from a joystick, you are inside and in the middle of this video projection. Imagine that the controller is your consciousness, not your mind, but the consciousness that powers the mind. Yet like all great games, there is a catch and that catch is 'interaction'. Meaning, whatever your consciousness interacts with, you can become.

However, to make a great game flawless, it does not matter whether you are conscious or not of the consciousness that is powering the game. In fact, this is the game. Until you become aware that the consciousness used to guide and control the game is your own

consciousness, then all hell is allowed to break loose. In other words, either you are enslaved by a life created by the unconscious, or you have hold of the command center and consciously begin to create it.

As the game of reality has duality, for example, night and day, hot and cold, good and bad, fear and love, pain and pleasure, dreams and nightmares, and they all coexist together. Which one will you choose?

So when a desire is projected, so too is a fear and vice versa. The one that wins has the strongest attachment.

In other words, if the fear is intensely feared, despised, hated, then there is a strong emotional attachment. Likewise, if a desire is deeply yearned, longed, and pined for, there is also a strong connection.

As physical environment show, Mr. Simon Cowell is perhaps a perfect example of an individual who possesses majestic abilities in projecting desired outcomes. Yet, equally and as Newton's third law of motions states, every action also possesses its equal and opposite reaction. Meaning alongside a desire, there also coexist an equal and opposite potential to manifest it's polar opposite, FEAR. However, as most individuals already know, not all desired desires come to fruition; likewise not all feared outcomes do either. Nevertheless, the fear can only enter reality if there is an associated attachment.

Our suggestion is that if the desire is not part of your own truth then it will not manifest, likewise if the feared outcome is not part of your own truth, then that too will not manifest. Yet there is a catch. Once an individual gravitates from their own truth, and like a puppy that breaks free from a leash - to a degree anything becomes possible. That is, free will enables the ego to manifest fears into reality, with the adversity being the path of correction.

For example, take an individual who suffers with insomnia. Insomnia is a reactive condition resulting from an overactive mind, coupled with an entanglement of emotions. Furthermore, as insomnia is not a physical thing, simple universe rules state that which does not exist in the physical, cannot be cured on the physical. Though to highlight this as a truth, the individual who experiences insomnia will go on doing so until such a time, that the root core is raised and processed by the conscious mind. That is, the adversity in not sleeping will compound itself until physical exhaustion, and no amount of medication or otherwise will rectify this condition.

This is a perfect example of positive adversity in action, yet it appears complicated only because simple human dynamics are continually being overlooked. That is, what appears an adverse situation, in this case not sleeping, is trying to convey a positive message, you are off balance. Nevertheless, it is nothing more than allowing a dog to bite its own tail until such a time that the puppy painfully learns, that the tail is its own and biting it is not a solution.

When life is continually going wrong and adversity is believed to be negative, personal torture, or downright bad luck, then moving beyond becomes difficult to impossible. Yet when viewed from a fresh perspective like that of the above, then what holds it altogether

begins to break down.

## **Section 5 - Unlocking Adversity And Seeing It As - Positive Adversity**

It was mentioned above that when life is continually going wrong, or adversity is being experienced that there is a very simple solution.

That solution is consciously recognizing.

Here is another of life's dynamic paradoxes - as humans evolve, the last to know is humans. What we are suggesting is that the source of human consciousness is operating ahead. This means that the very nature of life and reality requires a reflection of the process to understand. As an example, there is no daily awareness of the aging process. Yet, when an old photograph is looked back upon, the changes can be seen. The result being that the individual then has a conscious awareness that a change has taken place. If there is no conscious awareness, then one would not know a change had taken place.

What is often overlooked is that the change took place, not with the mind alone, but by using consciousness to bring it to the conscious mind. Think about it, as if evolution never comes to the conscious mind, then no evolution ever takes place and whether one is conscious or not, then no evolution happens.

So going back to the phrase, 'as humans evolve, the last to know is humans' gives a definite pointer in the direction to understand the dynamics of being human. That is, being the last to know is an indicator that **if we do not know**, then we are not conscious of it and **if we do know**, then there is a consciousness about it. Though the most important aspect is that nothing in your reality can or will change without you first becoming conscious of it.

While one might say that the above is not true because irrespective of their conscious mind, evolution and changes just happened. Like war, murder, lottery, billionaires, birth and death, they all just took place regardless. However, nothing happens, will happen, or can ever happen without you first becoming conscious of it. While we understand this is taxing, please give it some thought. That is, nothing ever happens without consciousness.

For example..

A man was born, grew into adulthood and developed into a genius. He invented and designed a new gadget. This gadget went global and he became a noble prize winner. He married, had two children, gracefully grew old and passed away peacefully.

Who was this man?

Exactly, you do not know because there is no conscious awareness of him. Therefore, he came, lived, and died all without you knowing, and what you do not know about, there is no consciousness of. Yet, here is the paradox. Once there is a consciousness, the very thing that did not exist, now exists and there will always be a consciousness of this.

For example...

You will always know the nameless gentleman above simply because it has been raised to your conscious. Yet, no consciousness equals no existence.

Yes it is deep and yes it can be quite a task to grasp, but please stick with it because our own studies have shown that consciousness is the ultimate dynamic of the entire universe, life and reality itself. It is our understanding that consciousness is the core creator, builder, and manifestor of life.

The upside being that when life is going wrong, and adversity is upon one, then consciousness is the dynamic to reduce, dissolve and rectify it.

To consciously understand is tiny sentence that as stated earlier, holds an unlimited amount of power, for until something is consciously recognized, understood and more importantly processed then adverse events will not go away.

This is where consciousness as the creator can be put to the ultimate test. Adversity cannot go away because this is a polar dynamic of the universe. In other words and as much as this sounds distasteful, because adversity is created using consciousness, it cannot be undone without first becoming conscious of the process that not only created, but that which goes onto govern it. It's a little like tying a knot in a hosepipe, then expecting the water to flow. As you already know, if the water is to flow freely, first the knot must be picked apart, and undone.

### **Step 1 - Accept, Accept, Accept!**

The first step in the process is to recognize and accept life is going wrong, gone wrong, is negatively adverse, etc. Though covered in its own module Getting What You Want NOW (Transforming Inner Resistance), accepting resistance equals a reduction in resistance, which immediately and positively impacts any future adversity.

In short what is being outlined is that there are only ever two paths that can be followed. That is accept or reject, resist or allow, etc., and it has already been proven that rejecting situations suppresses but does not disown them, and resisting only creates more of the same. With that in mind, and as difficult as this may appear right now, accept and allowing adversity to be is ironically the way forward.

For example...

Have you ever noticed that when something goes wrong, particularly when fretted, dwelled, or worry about, then another similar event happens? The Scottish have an old wife's saying that '*bad things always happen in threes*' and the Oxford Dictionary of Proverbs states that as far back as the 14th Century, it was noted that '*a misfortune does not come alone*'.

Well, it is our understanding that not only does like attract like, but it will go on doing so until it permeates the conscious mind. That is, with things happening in threes and the notes misfortunes that do not come alone are reminders that it takes several events, at least three to notice and seek their meaning. As similarly and at the polar opposite end of the scale, there is also the superstition that good things always come in threes, which

again is perhaps an indicator that it takes three to notice.

In accepting and allowing, adverse events become noticeable.

Yet the very nature of consciousness and discovered human dynamics suggest that the very act of consciously noticing and then accepting and allowing, disempowers the adversity. This is so and backs up the suggestion that consciousness creates because once consciousness has your attention, then there is little benefit in creating deeper adversity.

However, this is only the beginning and it is by no means the solution, or the end of adversity. As all of life's wrongs, misfortunes, and adversity have been created by the individual self, then consciousness's first role is to gain attention of itself.

While you might think of yourself as a human being, and a solid object in the physical world of material and matter, consciousness knows you are not and science also suggests otherwise.

Let's not lose our self only to outline the obvious. That is, science professes to have conclusively proven that humans atomic structure is 99.9% space, and 75% of that is water. According to Albert Einstein, the same material that makes up a wooden chair, or metal table, also makes up you. That is,  $E=MC^2$ .

According to Cell Biologist Dr Lipton, who says there are trillions upon trillions of individual cells that go on to form and maintain the physical body. Did you catch that? What he is suggesting is that us humans are made up of around 10 trillion or so individual cells that somehow bind together forming the illusion that we are one big human. He goes onto propose that human cells are electromagnetic in nature, operating with a positive and negative magnetic charge, which convey energy signals at the speed of 186,000 miles per second.

Though in layman's terms what is this really saying? It is stating the obvious - and that obvious is that this reality which is often referred to as an illusion, is most likely so.

While the above can appear mind boggling and is perhaps far removed from your everyday world, it is being outlined to state that while it may give the appearance of, life is not 100% real. Though this is not a suggestion to live from a premise of wild unfounded fantasies, nevertheless our suggestion is to not take life, and the things in it, too seriously.

To the physically attached, it may look, feel, taste, touch and smell real, and that's what it is supposed to do. Yet for the individual living free from adversity, their understanding is otherwise. Therefore, please consider that in order to live free from adversity, the consciousness within is only requirement you need.

## **Step 2 - Access Codes And Keys**

Unlocking adversity can be thought of like unlocking a safe, since a safe requires a combination of numbers, a key, or both. When addressing adversity it is not too dissimilar. That is a combination of real life past events, combined with an access key to

unlock these events is required.

Though decoding the combination is a simple mechanism of matching past and present adverse events to their deeper meanings. The complexity arises when one's own human dynamics such as perception, ego, beliefs, judgments, and opinions get in the way.

While this might sound easier said than done, whenever and whatever is going wrong on the outside of life, is a direct reflection of a deeper meaning on the inside, and it is the inside that we will access with the key called consciousness.

So now we are going to take a real life adverse event and apply the dynamics of consciousness to unlock it.

As an example...

Penny was a media mogul that during her early career, things were going seemingly well. At her fingertips were over fifty employees, a movie production company and access to major influential figures.

Fast forward ten years and Penny is divorced, her media business had failed, and the production company had lost major revenue on the last three silver screen movies. In short, what she had built in the first ten years of her career had slid and were all but lost in the proceeding ten years.

Yet why had this happened?

According to Penny, she had not changed her tactics, her attitude, policies, work ethics, determination, and she was now at her wits end. With little to no idea why, or how her professional and personal suffering was at such an adverse and negative level, she was now becoming angry, bitter, and fearful that she may indeed never recover.

Though, while we fast-forwarded ten years, it is now necessary to reflect and reverse. Remember it was said earlier that 'overall consciousness' operates ahead of reality? Well, when these dynamics are accepted and applied to real life, they can have remarkable and profound effects. For example, now we have the added benefit of knowing where in life Penny has arrived, what she has and is experiencing, and all we need do is begin to wind the dial on her combination lock, so to speak. In other words, imagine a movie that you have already seen. You know the beginning, middle and end. In fact, you now know which event led to the outcome of the end.

Though, what if you want to have a different ending, how could that be achieved?

Well, going back re-writing and re-shooting the end is required and in a sense, if Penny is to change her future, there are specific human dynamics that require similar treatment.

For example did Penny arrive where she is in life through back luck, bad karma, or random misfortune? During her rise, she accumulated millions of dollars, yet during her fall she not only lost millions, but experienced a brief period of imprisonment, relationship breakups, business rejections, actual business failures, and a serious decline

in lifestyle.

While it could be said that Penny is just one of millions, if not billions that experience personal and professional adversity, and it's place in life is to make one stronger, when we begin to roll her combination dial back, there is indeed evidence to demonstrate otherwise.

Penny stated the following:

Penny assumed her initial ten year rising was solely down to her.

70% of her past employees spoke of another scenario.

Penny assumed her divorce was due to her husband's lack of motivation.

100% of her family and friends believed otherwise.

Penny assumed her media business failed due to bad staff.

100% of past employees described otherwise.

Penny assumed her three silver screen movies failed to derive profitable revenues due to lack of support.

Public feedback suggested her movies were not understandable entertainment.

Penny assumed her prison sentence was an injustice

Family and friends said they seen it coming, warned and encouraged her to take appropriate avoidable action - 100% said that Penny ignored any and all advice.

Above is all but a short list of Penny's adverse experiences, though what can be gleaned from this?

While it may come across as a series of scenarios that she said this, and they said that, and it's anybody's guess who is right or wrong, there are common denominators that convey one's truth.

For example, when thoroughly researched, could 70% of Penny's past employees hold the wrong perception of her? Was 100% of family and friends wrong about her divorce and was the public feedback about her movies wrong?

Well, yes they could all be wrong, though it is highly unlikely. It is unlikely because with each passing event, Penny's adversity deepened, and with each passing year, the negativity also deepened. Though when does it stop?

Well, through our long-term research, adverse events have shown to continue compounding themselves until either a bitter end, or a conscious inner change. Please do not think this is a fear driven sentence, as it is based on factual observations and real life unfolding. If Penny was not living and operating from a state of delusional thinking, then it is highly unlikely that she would be experiencing adversity after adversity. As we can

see from her life above, rejection and non-expectance compounds it further, and the inability to recognize adverse events, led to more.

Though how does one like Penny know they are off balance, straying away from their truth, delusional in thinking, and fully responsible for creating their own adverse demise?

After all, declaring an individual to be off balance, delusional and unaware is a strong statement. Nevertheless, when listening back, does the TV talent contestant who sounds like a cat hear the voice of an angel, or do they hear the same screech as the audience and judges? Does Penny really believe everybody and everything in life is wrong? Likely not. While the contestant is desperate for fame and fortune, and Penny is desperate for success and recognition. There is a part of the self that takes over and begins to control the situation. This aspect is the ego, though more specifically; it is the **negative side** of the ego.

At her core, Penny like the contestant knows when they hurt, commit an immoral act, go against the flow, and wander from their own inner path, but the difference is they allow it to be overlooked. They hear and perceive the outside world, yet they make a choice to push aside, ignore, and continue doing their own thing. However, they are not committing selfish acts, nor are they doing it intentionally. Their egos are powered so high, that there is little to no communication with the inner self. Albeit unconsciously, and totally unbeknown to them, it is their ego's that are running the show, and this is why they are not in conscious control of their dynamics. It is why they appear to ignore sound advice and common sense, reject and push aside any form of corrective guidance.

Nevertheless, this is the first digit for the combination of unlocking. That is, before any possible access to adversity can be gained, the negative aspect of the ego is brought out of hiding and asked to stand to the side.

This can be achieved in two ways:

**1 - Brute force** - This is achieved by ignoring the ego, while forging ahead to unlock adversity. However, this is strongly advised against as entering into any head-to-head battle with unfamiliar dynamics generally results in compounding failure.

**2 - Consciously ask the ego to step aside** - This is the preferred, easiest and most beneficial path as already outlined, when consciously engaging with the ego, the ego will happily accept direction. It accepts it because it is already taking direction, albeit sub-unconscious, the ego is currently under the influence of consciousness, it is just that the conscious self is not conscious of this.

In engaging and requesting one's surface mind and ego to step aside, the instruction is to overall consciousness. That is, irrespective of an awareness of, you are intently instructing consciousness to perform a job. However, as already stated earlier, as consciousness does not discriminate, the outcome is deterred solely by the strongest energy in resonance to your overall perception.

Therefore, if you genuinely connect and instruct your conscious mind/self to go off and

identify adversity, then a remarkable chain of electromagnetic processes swing into place. Please consider that the subtle self will automatically begin a sub-unconscious search to hone in, and attune to past adverse events. Assurance is given that once intention is consciously set, then the process gets underway.

In a relaxed and fully conscious state, ask your mind to consciously engage with the inner self. Outline that there is no timeline, meaning no rush. The following should be posed to the conscious mind –

**“Irrespective of my surface reality, current beliefs, or outcome. I desire to know the core of my ADVERSITY (that is, why are things going wrong) and what’s causing adverse events in my life, MORE than I desire not to know. I am fully prepared and accept full responsibility in dealing with and processing with what arises, and I genuinely SEEK to know, understand and dissolve my own core adversity. I now in this moment, give my conscious self a clear directive to go off, search and find the root core of my core adversity. I ask that irrespective of my current perception, beliefs, conscious, sub or unconscious, any stored emotions, and my conscious and unconscious intentions that you set aside my own individual thoughts and opinions to locate and raise these associated experience, or experiences to my conscious mind for processing. I ask that you do this NOW!”**

While this may appear to be over simplistic, it is not. Yes, it was outlined earlier that at the root were simple dynamics. Nonetheless, please do not underestimate this, because at the subtle levels of reality. In particular, at the dynamics of quantum electromagnetics, all hell is breaking loose. This is not meant in a religious context, but in applying the above, sets off the most powerful chain reaction, which will without doubt and in due course, filter through to reality.

### **Step 3 - Get Ready**

Now the egoic self has been asked to step aside, and overall consciousness is tasked to go off and find adversity, initially this may feel a strange and alien concept. Please just allow this to be, as when the above is posed time and time again, with genuine and real curious intent. Then one can be assured that the stuff, which creates, maintains, and keeps you alive, will go off and do its job. This ‘stuff’ called consciousness will do it because it is and always has been following a set of directives. The only difference is that your overall consciousness has been taken and accepting direction from your inner dynamics of which until present, there has been no real awareness of.

Though after applying Step 2, apply your best efforts to stay away from the expectation of miracles, as in our experience the universe works to a set of defined principles, parameters and rules that to date have no way around other than studying, understanding and then applying what works. What can be said is that all of the outlined methods and suggestions have been thoroughly tried, tested and to date have worked with astonishing accuracy. Nevertheless, if things do not appear to immediately work, then as it takes time to digest into the subtle self, please do not dismiss this as a failure. Applied consistently, diligently, yet more importantly with genuine conscious intent,

then things will start to happen.

Nevertheless, also bear in mind that the grasping of human dynamics is like learning to ride a bicycle and it is very rare that the first attempt will produce a Tour de France cyclist. Though not a disclaimer, if you struggle to get past the first human dynamic called the ego, then this is a sure indicator of the sheer strength in attachment. If you feel there is a stumbling block that is frustrating and diminishing your inspiration, then please refer back to our website [Beyond Timelines](#) whereby you will find additional material in dealing with the ego. However, allow it to be reiterated one more time that in applying step 2's highlighted paragraph with persistence, will indeed produce results.

Though get ready because when the ego takes instruction and steps aside, then one must be prepared to not only deal with what comes forward, but to process it and continue.

Assuming the ego has stepped aside, and you will know when it has moved for as in the case of Penny, she would pose the same paragraph while listening to what comes forward.

Listening is another unlocking key towards gaining access to the sub-unconscious. However, remember that we are not attuning into and listening to the negative ego, what is being sought out is one's "overall consciousness" and there is a major difference.

The ego says I am, while overall consciousness conveys you, we, and when fully attuned to, thy. Though in the beginning and in order to get to know your overall consciousness, let it speak to you the way it feels best.

**The Ego says:**

I want this and I want that

I need this, or need that

This is someone else's fault

This is wrong, or that is wrong

**Overall Consciousness says:**

This is a preference, or that is a preference

This is a preference, or that is a preference

There is an understanding

All responsibility stems from within

The ego judges, criticizes, opinionates, blames, predicts, controls, which in truth is the job of the ego, and without it one may not be human. Though what makes these attributes damaging and destructive is when they are attached solely to the negative side of the ego. Though when in balance, good judgment, balanced opinions, and control are all perfectly sound character traits to possess when operating from a position of one's own truth.

**Step 4 - Passing The Ego, And Meeting With Belief**

Assuming that the ego is stepping aside, the next unlock in the combination is "beliefs".

While overall consciousness does not believe in anything, the individual self believes in almost everything.

Remember Gregg believed Duncan to be lazy, and Penny believed she was solely

responsible for her business successes? Yet, Penny did not believe she had anything to do with her prison sentence, as the TV talent contestant did not believe the judges or public opinion.

These are simple, yet perfect examples of how belief fools one into thinking beliefs are real when in fact, all beliefs are personal opinions, judgments but are in no way indicative of their truth. Beliefs feed from perception, and perception fuels itself from sight, sound, taste, touch or smell, with the final additive of intuition. Yet, in holding onto the concept that beliefs are real, locks one into tunnel vision, and thinking only from one way. The outcome is that life and reality is perceived and viewed this way, or that way, but not for how it really is.

Nevertheless, beliefs create a multitude of problems, in a sense that when an individual believes one way, it gravitates there whole being one way.

For example, if Penny strongly believes in her movies, it can be said to be a sound positive attribute, which ultimately will gravitate her towards the desired goal. However, when others do not buy into that same belief, then her personal belief can become her nemesis.

With that in mind, beliefs spoken outwardly, and expressed in physical real life appear to work for and on behalf of an individual only when the critical mass of their external life and reality buys into and believes them. Yet on the flip side, we have found that this is none other than a simple dynamics of duality that more often than not, catches almost all individuals out. That is beliefs have exactly the same prospect and potential as all other human energy and can work as much against, as they do for. That is, if Penny's audience, which is her critical mass, bought into and believed the same as she, then her movies would have been resounding successes. Nevertheless, they did not and it went onto create further adversity and distress.

Though do you remember the earlier phrase that '**one should never tell**'? Well, please allow the validity and truth of this dynamic to be demonstrated.

Because Penny believed, in fact she believed so strongly that the films being produced, marketed and released would be so successful that prior to even getting off the ground she spoke outwardly of there up and coming successes. As Penny's personal beliefs express through her ego, they in turn dilute, diminish and eventually cancel out the future prospect of success. Though in reality it goes further, as when the successful outcome has dissolved, then the only one to take its place is the polar opposite of failure. Is it then a just a coincidence that the adversity Penny experienced was random bad luck?

What is being outlined is a dynamic that with the very nature of life and reality inhibits total exposure. Nonetheless the interaction from her inner core is not operating smoothly between her inner and outer worlds. In other words, her inner dreams and desires are emanating but have not yet been expressed. At this point, they hold all the potential to become success or failure, and at this point the potential is equal. Though, as soon as perception, beliefs and the ego get hold of this dreamed or imagined desire, then it becomes messed up.

It becomes messed up, and the link of continuity is broken simply because her dynamics have been corrupted and are now operating in a delusional sense. That is, when worked backwards, her adversity, which is the failed movies, is truly adverse for her. Yet step back and we can see that albeit sub-unconsciously, Penny's negative ego, fueled by distorted beliefs, supported by a corrupt perception, ensures and propagates three movie failures.

How can that be?

Well, think of it this way.

It all starts with the conscious imagination of the dreamed outcome. That is, Penny wanted to be successful. Yet to stand any chance of creating a life of harmonious privileges, truth starts at the beginning. Penny must consciously ask herself, why it is she so desperately wants success. While there could be a multitude of reasons, even solid and sound balanced ones, Penny voiced otherwise.

She wanted success so badly because at the core she felt insignificant and meaningless. To add, she spoke that as far back as she could recall, she felt masses of insecurity but had little to no idea where it stemmed from.

This is the core of Penny's delusional thinking, and the beginnings of experiencing adversity. Though as Penny and any other individual does not live from a premise of insecurity and fear, standard human dynamics get to work with a series of clever overlays. Though these are covered in core modules such as I Can't Do It, Yes I Can (Transforming Fear) and should be referred to unearthing and transforming, bear in mind that this is the origins of adversity.

Though fast forward to present and we can see that Penny's beliefs are founded upon her perception, and that perception is not always one's truth. Therefore to access the core of adversity, we need to do a similar exercise as previously performed with the ego.

However, it is not a simple act of just reeling off one exercise after another, as human dynamics are not likely to respond positively this way. Though this might sound taxing, your overall consciousness needs to not only know, but be absolutely 100% convinced that your conscious attention is following and is 100% intent on perceiving your overall consciousness.

Did that sound complicated? Please allow a brief breakdown. Overall consciousness is you, yet there is a simple truth that 80% of you operates from the sub-unconscious self, and this is where the rule of 80/20 consciousness derives from. That is, at any one time, the average human being is only 20% conscious of their entire reality, with 80% happening away from one's immediate awareness.

Where ever one's attention is directed, then conscious awareness goes to it. This could be thought of like a torch shining in a darkened room, as wherever the light shines, and whatever it shines on can then be viewed. Yet, as the rest of the room is unlit, it does not mean there is no content.

Consciousness and the mind can be thought of in a similar way.

Therefore when the first exercise is performed, the light from the torch shines on the ego, so to speak. Once shone and exposed, it can be thought of as leaving a small glow, but this glow is not enough to light up the entire room. Therefore, and for each human dynamic, we seek out the content of one's self by continually shining their conscious light in and out.

Now irrespective of belief, please prepare to perform the following exercise. Again, there are no real special requirements other than quietness and to be in a state of relative calmness. In other words and as with all exercise, preferred times are prior to sleep and before rising in the morning.

**“Irrespective of my surface reality, current beliefs, or outcome. I desire to know the core of my ADVERSITY (that is, why are things going wrong) and what's causing adverse events in my life, MORE than I desire not to know. I am fully prepared and accept full responsibility in dealing with and processing with what arises, and I genuinely SEEK to know, understand and dissolve my own core adversity. I now in this moment, give my conscious self a clear directive to go off, search and find the root core of my core adversity. I ask that irrespective of my current perception, beliefs, conscious, sub or unconscious, any stored emotions, and my conscious and unconscious intentions that you set aside my own individual thoughts and opinions to locate and raise these associated experience, or experiences to my conscious mind for processing. I ask that you do this NOW!”**

Again, allow some time, days, even weeks for the self to digest and bring forward what has been and is currently creating adversity.

How will you know when the negative ego and belief system have moved over?

Well, in time, past events, and sparks of awareness will begin to permeate the conscious mind. Like a sudden flash moment of 'Ah I left stove on', or 'I know where my car keys are', past pieces of adversity will begin to flash in the mind. That is, bits here and there, moments, even split seconds, yet done with genuine intent, the above exercise will begin to produce results.

Nevertheless, in your quest for answers, please refrain from allowing enthusiasm to overtake, as this will only serve to create inner resistance. Furthermore and fully normal and natural, the mind comes back with defense and diversions designed to keep your consciousness away. Why does this happen? Because it is a useful dynamic to maintain your path of life, yet when looking to expose and alter human dynamics, defense and resistance can get in the way. Again, for further material, please refer back to the website [Beyond Timelines](#) whereby you will find detailed material on both defense and resistance.

### **Step 5 - Opening The Vault And Connecting The Dots**

Now we have come to the point of accessing the content of all of life's wrongs, adverse

events, negative experiences, and the reason behind why things have continually gone wrong. Yet before we attempt to understand the reason, we first need to connect the dots, so to speak.

That is, from the depths of your own overall consciousness, which to date has been guarded by the ego, beliefs and perception, we are now going to ask for release to view all past adverse events.

While you have already performed two exercises, there may or may not be material streaming through. Nevertheless, as the aim of the previous exercises is to acclimatize and gain coherence with overall consciousness, the amount of material coming forward matters not. The most important aspect is that a line of continuity, a degree of openness, and a change of perception are underway.

While full recognition and appreciation is given towards the daily reality of life, and what is being asked for here may initially appear alien, please be assured in the knowledge that human dynamics are just that - they are dynamics that operate to a set of principles and definitive programs that once broken through, the expanded awareness comes with it. That is, you know it when you know, but before that, you don't. This is not to mess with your mind, only to raise awareness that until consciousness permeates the mind, and it duly will, then you do not yet know what it is you already know.

So now the negative ego and beliefs have been asked to step aside, the next step is to use your own conscious self to reflect back asking to be shown all past and present adversity. It's a little like asking to look through a photo album picking out what does and does not resonate.

Imagine the mind and brain to be like that of a computer, and that every image, event, and real life experience has been recorded and etched onto your very own drive, because that is exactly what is happening. Though we do not profess to possess knowledge of past lives, previous incarnations, or anything beyond current reality, there is an understanding and acceptance that when the mind is asked to recall, it is capable of recalling images, events and experiences from beyond. Where these originate from is not of too much concern only to say that once connected to and processed, then the remarkable and astonishing results spoke of earlier get underway. That is, once the truth of an individual's adversity is perceived the way it was originally meant to, then that particular adversity dissolves and fades away. When the event or experience is processed, there is no fueling, no compounding, therefore no future requirement to relive the adversity.

Though what we are now looking for is associated events and experiences of all past and present adversity. As painful as this may appear, to become free of adversity, there is a requirement to recall and consciously relive these events once more. Not physically, just mentally and emotionally allowing it to rise up and pass through the conscious self.

Why is this required?

Although it is said that things exist and go on without your knowledge, for something to exist, unless it exists in your consciousness, then it doesn't ever exist. Please give this

some slow, extra thought. As for anything and everything to exist in your reality, it must first be perceived by your conscious self. Where it goes after is another story, yet unless it passes through your own consciousness then it does not become a reality. That is, it does not become a part of your reality, and what is not a part of your reality is not reality.

This brings us onto pose the following. Would you agree that it is all too easy to get wrapped up in the concept of a mutual reality, when in fact no other reality can be perceived other than your own?

Is there any curiosity that this indeed could be one giant three-dimensional interactive game, experience, or otherwise? If so, then this is good news. However, we are not suggesting to live from this premise of imaginary illusion, as there is a high risk of becoming belligerent or almighty. Though what is being suggested is to open up to the potentiality, because in doing so, this system allows one to not take life and reality so serious that at the expense of their experience, adversity becomes them.

So in the frame of an open mind, the following is put to the conscious self. That is, we are now going to ask your overall consciousness to start connecting the dots, so to speak.

**“Irrespective of my surface reality, current beliefs, or outcome. I desire to know the core of my ADVERSITY (that is, why are things going wrong) and what’s causing adverse events in my life, MORE than I desire not to know. I am fully prepared and accept full responsibility in dealing with and processing with what arises, and I genuinely SEEK to know, understand and dissolve my own core adversity. I now in this moment, give my conscious self a clear directive to go off, search and find the root core of my core adversity. I ask that irrespective of my current perception, beliefs, conscious, sub or unconscious, any stored emotions, and my conscious and unconscious intentions that you set aside my own individual thoughts and opinions to locate and raise these associated experience, or experiences to my conscious mind for processing. I ask that you do this NOW!”**

In performing the above three exercises, again, allow it to be reiterated that in speaking the above in parrot fashion will result in being stonewalled. It must be performed with intent behind the intent, and it must be performed twice daily. That is, preferably before sleep, and once again before rising in the morning.

Nevertheless, and in addition, effort from your own mind is also required. That is, consciously you must be continually seeking to search your mind for past adverse events and experiences. In a general sense, imagery of these events is not too difficult to recall. Though what may be hidden is there associated ‘**feeling**’.

For example, Penny may recall her movie and business failures, she may easily recall her divorce and brief prison experience, and she may even recall the pain from them. Yet the exact feeling will be missing. That is, with the first movie failure she, like most, has been taught to ‘dust herself down, and carry on regardless’. For the second movie, she may have put more effort, yet when that failed too, Penny like most began to question herself, but pushed that aside as the ego encouraged her to ‘strive on until she makes it’. Though, after three consecutive failures, she came to the conscious awareness that dusting herself

down and striving on regardless were indeed not the way forward. So what does she do now?

Like most in a similar situation, Penny gives up and moves onto something else, but what she avoids, is the inner reflection. She may have an inclination that somewhere along the way, it could indeed be herself that got things wrong, nevertheless and as spoke of earlier. As the ego is operating on full power, the only communication she can connect to is this. As the ego is not part of her truth, then it does all it can to hide and then overlay all adverse events and experiences with a way forward. Nevertheless, when the way forward turns sour too, the ego simply creates another goal and soon enough Penny will choose another direction.

However, when the ego, beliefs and perception are asked to stand aside, they have no choice because ultimately consciousness is their fuel and when the fuel is redirected, so too are the dynamics. Therefore and with some effort, when past adversity is recalled, there will be an image, and a feeling. Though as mentioned, the feeling is most likely hidden, but it is indeed there.

How does one uncover a hidden feeling?

Well, let's take Penny as an example. In the case of the failed movies, the starting place is the third and final failure. Penny is asked to recall the event, but not only picture it, she is asked to connect to how it made her feel. Though we are not talking about surface feelings of, "I was disappointed", or "I felt let down". No, these are bi-products of deeper feelings, and it is these deeper associations that are "**locking**" Penny into experiencing adversity.

Penny is asked to consciously connect and go deeper. When the third movie failed, what did she really feel? What was at the core that she did not want to recognize or touch?

As an analogy, all she is doing is following the train back to the original station. Penny's conscious mind is winding back her own clock, and showing her past and previous adversity, though it is her that must connect the events to the original feeling.

Why must she do this?

Because contrary to popular belief, behind every real life experience is an original associated experience which links to either a core fear, or desire. It is this core, that then goes onto birth and propel all adversity, and the experience of life continually going wrong. Though, this can easily be supported as when the most recent adverse event is traced back to the feelings it created, and then linked to the next event, and so on. Then a series of similarities will be found in all.

For example, Penny described the most recent and third failed movie as giving her deep and strong feelings of disappointment. When asked what the second failed movie produced, she came up with similar but was not so concerned. When the first movie failed she said that there was also disappointment, but put this down to first attempts. While she is right and that not everyone does get it right first time, these are indeed strong signals of adversity.

Though did you notice the connection and intensity of 'disappointment'?

The first movie was mild, the second medium, and the third movie failure was full on conscious disappointment. Remember the three's spoke of earlier and how it takes three to raise issues to general awareness?

Now back to Penny's first movie and the theme of disappointment. While it could be said that it is natural and almost impossible to go without experiencing some disappointment in life, and indeed we do not doubt this to be true. Though, as will now be explained, disappointment is a bi product of a root cause.

When a person feels disappointment, generally speaking there is an unfulfilled expectation. For example, Penny was expecting movie success. Yet behind expectation is delusional thinking. Though not delusional in a derogatory sense, but thinking that is not in line with one's overall truth. That is, when the ego assumes control and communicates its own desires, then this is the delusion being spoke of.

Yet where does this delusion spring from?

All delusional thinking is a wandering from one's own inner truth. Not ours or others opinions, but from one's own inner truth.

For example, and briefly speaking, when Penny connected to disappointment, consciously pushing the issue with herself. Not something she or anyone else may be used to, or feel comfortable with, nonetheless Penny's mind showed her that disappointment sprung from the expectation of success. When she continued posing the above exercises to her mind, streaming down were unpleasant feelings of total and utter insecurity. Penny continued to use her consciousness and her conscious mind to self-reflect. In doing so she discovered that behind the insecurity were real live events and experiences that contributed towards her feeling this way.

What Penny discovered and was avoiding all along was feeling the feelings of insecurity, low self-worth, and any other negative trait that came with it. In avoiding connecting to and processing these unprocessed associated experiences, meant that she was going in the opposite direction, and this is the wandering of her truth and the birth of adversity.

Truth is dealing with and instantly processing whatever comes along into life and reality at that given time. It's a little like seeing a small boy stealing a sweetie from a shop, looking the other way, and then pretending it never happened. Though this may appear a harmless irrelevant action, in denying this communicating to one's own inner self is an avoidance of one's own truth.

Apply this to life, live from this system and hey presto, one becomes as far from their own inner truth as Mars is from the Moon.

Nevertheless, there is also recognition that much of an individual's roots for delusional thinking stems from as far back as early childhood, and this is not something that they can be held totally responsible for. Having said that, there is also an understanding that when moving to the 'life is a projection of consciousness' theory, then one just accepts

that whoever and whatever they are is a sum total of their overall consciousness.

However, rooted in early experiences, which then become overlaid are core fears of insecurity. Yet, because core fears remain unprocessed, and prior to developing the conscious awareness in order to deal with them, the system gets to work and cleverly begins to overlay all negativity with positive motivators.

Though in order to release a core fear, Penny must once again raise and consciously relive unprocessed events.

This is not a cruel twist of fate, or torture mechanism of the universe. Nevertheless, for simplicity sake, there are principles that state anything unprocessed must first be processed before it can leave reality. This is so because the unprocessed core driver is holding onto an electromagnetic charge, which until broken apart, automatically fuels the driver of fear. When consciously, not physically, but consciously relived, the disliked, unwanted, or feared experience is processed and released.

The upside is that once achieved, a miraculous chain of events gets underway. That is when there is a change on the inside, then external reality begins to reflect these changes and adverse events begin to diminish.

Though it cannot be stressed any further that to enjoy privileges, harmony, and good fortune, then dissolving and then transforming core fears which are detailed and achieved in core module I Can't Do It, Yes I Can, (Transforming Fear), are absolutely essential.

### **Step 6 - Feeling The Crap**

Though some of the above and outlined concepts may initially feel alien, even wrong, assurance is reiterated that breaking apart and reprogramming human dynamics is nothing other than redecorating one's home interior. In the end, you will still be you, yet the adversity will begin to subside. However, like that of a redecoration, we must first strip back and peel off all of the unwanted, useless, and downright distasteful.

Though as already outlined, we are not redecorating just any old home, it is your home and this home is like a bank vault. It has several combination locks, codes and keys and this is so, because it has served well to keep one stable in reality. In saying that, when life is going wrong, awry and adverse, then we must unlock the codes, access the vault, strip out and redecorate our home.

We have already outlined many unlock codes, yet the final and most major is '**feeling**'.

While we are all attuned to welcome feeling good, great, even ecstatic, there is an aversion to feeling bad, despairing and downright unworthy. Furthermore, we go to great lengths to avoid feeling failure, low self-worth, insecurity, and anything that prompts a meaningless insignificant existence.

As unbelievable as this may sound right now, yet the key is to '**feel your own crap**', your insignificance, your unworthiness, your meaningless existence, connect to and feel it all. Feel any and all disappointment, negativity, depression, even despair knowing that

it is as much a part of you as all the good things in life.

Though this is not a suggestion to purposely seek these out, yet when they come along and in particular when they are connected to real life events, then to NOT FEEL is to deny.

In denying, invokes an electromagnetic process of unprocessed material, hooking and locking perception into only one train of thought. Yet, as tedious as this might sound, and we live in a reality of duality, all and equal parts must be accepted. That is, night is accepted along with day, hot along with cold and so forth. With every polar opposite of goodness, coexists it's polar opposite of negativity. In denying, even sub-unconscious of, then one has strayed from one's truth. That is, either it can be referred to as delusional thinking, or a straying from the truth, what matters is the effects it causes.

As we know most all and every individual experiences some degree of adversity, there are those that like Penny, Jack, and Mr. Simon Cowell, who appear to experience more. Yet, while they may claim to feel sad, depressed, despondent and so forth, the core feeling has not been connected to. This is vitally important, and is a key to unlock future adversity. That is, regardless of the adverse event and the surface feeling it brings, the core must be dug up connected to and released. Only then, will adversity begin to subside.

Furthermore, when an individual comes back to the center of him or herself, living from their own inner truth, and the dynamics spoke of earlier, then adversity diminishes even more.

Yet what does all this adversity have in common with positive adversity? Well, if we take Penny's situation, and the three movie failures, when we move to her bigger life picture, they could be viewed as indicators to notch her back to the correct path. That is, there appears to be a truth when creating reality and it goes something like this:

If whatever is being created is founded upon a core fear, and as fear is not the truth of life. Then the chances of it manifesting into real life reality are almost nil. The outcome being adversity and a life seemingly going wrong is quantifiable proof that in trying to create a life of desire built on fear is not a person's truth. If fear was a truth, then fear could manifest and create desires, yet every piece of study shows otherwise.

Nevertheless, fear is merely unprocessed real life past events and experiences that have associated themselves and locked into a physical neuron. If the fear overtakes desire, then the strongest takes precedent and becomes the main motivator. These signs can be seen when Penny is desperate for business success, but when worked back, from disappointment, to insecurity, then a core fear will be discovered as the culprit. If there were no core fear, then there would be no desperation for success. However, deal with the core, and the outer will reflect the changes.

Though while it may be assumed that desire is also fueling her business motivation, this is not true. Whilst this might sound complex and taxing, please stick with it! if you really are intent on being one of the minority who enjoys a life of privileges, harmony and fortune, instead of the majority who experience adversity, daily struggles and difficulties. Then and in our own long-term analysis, the dynamics being outlined here, can and will

take you there.

However, appreciation is given that this is not an easy task. Yet, the most difficult aspect is to grasp the dynamics and understanding. Once orchestrated and applied, living in privilege is far less taxing than dealing with daily adversity.

Yet, let's go back to Penny and a few other examples. If living from balance was poppycock, and an individual's truth was just baloney, then all of life's desires would be easily achieved, longevity would ensue all, and adversity would be non-existent.

Remember it was stated at the beginning of this module that adversity does not discriminate? Rich or poor, educated or otherwise, adversity is equal to, and appears to affect all.

Howard Hughes was one of the wealthiest men on this planet, yet adversity consumed him. Michael Jackson was one of the most gifted musicians, yet adversity consumed him. The late Steve Jobs was one of the planet's most creative individuals, yet adversity consumed him. Then there is the polar opposite. That is, Whitney Houston was one of life's most talented singers, yet adversity consumed her. Margret Thatcher was one of life's greatest intellects, yet adversity has consumed her, and Princess Diana was one of life's most likable Royal's, yet adversity also consumed her.

Howard Hughes - Died a Reclusive OCD sufferer (Obsessive Compulsive Disorder).

Michael Jackson - Died aged 50, under suspicious circumstances.

Steve Jobs - Creator of Apple Computers, spent almost eight years battling cancer.

Whitney Houston - Global Singing Sensation - Drug user, died aged 48.

Margret Thatcher - British Prime Minister – Suffered through Alzheimer's disease.

Princess Diana - Royal - Tragically died aged 36, in a car crash.

Though what about individuals who live a life of privileges, harmony and balance. Who are these people?

Michael Winner (UK Film Director) stated in a television interview that he was blessed, lived a harmonious life, full of privileges with minimal adversity. American actor Paul Newman stated that he too had led a full and privileged life, and so too does British actor Roger Moore.

Yet here is another of life's paradoxical truths. Remember the 'one must never tell' dynamic that was mentioned earlier? Well, this is not a cop out, yet it is estimated that around 300 million individuals are indeed living from this very platform. That is, they intently remain inconspicuously elusive, clandestine, and away from public media. Yet it goes further. As when any interaction with public domain is required, then a series of guises gets underway.

For example, one-privileged gentlemen whom is now nearing his 100th year, still enjoys relatively good health, a multi-billion dollar business empire, and by his own admission, has led a very privileged existence. Yet the most fascinating attribute surrounding him is

that the exact nature of his own reality, how he lives and how he got there has never been disclosed to even the closest of his employees, and not even to his own wife.

Furthermore, to the outside world his appearance is humble, down to earth, and a 'one of us' type of guy. Yet follow his trail, and one might be very taken aback. It could be said that the privileges, fortunes and harmony are all but too much for the ordinary man to bear, and for the same reason John did not tell Jack, this gentleman has adopted a similar secret. That is, to live the life he has enjoyed for almost 70+ years, and in his own words, he said, *"I have never really told anyone, I don't know why, but i felt they wouldn't get it."*

While one might assume this gentleman to be blessed with incredible good luck, well fated, inherited or accumulated good karma, he advocates otherwise. In his own words, *"being born working class, and growing up, i had endured my fair share of a tough life."* Though early on, and through a series of adverse events, he cottoned on to the dynamics of life. Since then, he has applied and experienced a lifetime of minimal adversity, and maximum privileges. Nevertheless, he never told anyone of these inner dynamics simply because he didn't really know where they came from. He had a suspicion, yet like others such as Enrique Iglesias whom openly voiced similar, that when they spoke outward of their dreams, desires, and projected future, somehow it cancelled itself out.

Though having studied this interactive dynamic for almost fifteen years, it is our understanding that this is non-other than 'implicate and explicate.'

Implicate and explicate is where your inner world of communication interacts with your outer, giving the appearance of a separate reality, when in fact they appear to be one. Our studies have shown that to live and life free from adversity, then an understanding of this dynamic interaction is absolutely essential. Nevertheless, due to word constraints, implicate and explicate and why one should never tell will be covered in its own section. Please refer back to the web-site [Beyond Timelines](#) for more material on this exciting and truly transformative human dynamic.

And so it is that when Martin lost his job, becoming unemployed for 3 long years was perhaps not a cruel universe, but one that was trying to convey personal subjective messages of his own inner truth. While the outside could say the universe may be teaching him how to live with insecurity, or perhaps detach him from a strong material existence. The beauty of life, reality and his entire existence is that only he will ever know. Yet to discover this 'inner knowing', he must first pass through surface feelings, and arrive at the core before any changes can be made.

### **Step 7 - Dealing With Adversity During Adversity**

When writing this module an acquaintance's husband suddenly passed away of a heart attack. To compound the situation, the couple were 6,000 miles away from their own homeland. In these times of personal devastation, could she move to the projection and reflection theory? Of course not!

As a past experiencer of personal tragedy, the only thing that can be felt in the moment is

the pain and suffering of the personal loss. Though this may go on for some time, and it may feel like the whole world has come to a standstill, eventually things will begin to subside.

While it can be said heart attacks are natural and that everyone will at some point lose their loved one and eventually their own life. There are a minority, not the majority, but a tiny minority who live a full a harmonious existence, that when death comes upon them, it is not death but a crossing of dimensions. Sudden death of close ones, and passing's before ripeness are indeed signals of severe adversity.

Yet, when the pain, anguish, and grief fade, another reality begins to emerge. That is, during the devastation, a personal transformation took place. Though it is not normally discovered until a long time afterwards, in the loss, lies a message. Often the loved one's left behind, speak of an inner voice in which many have a kind of consciousness that they knew something was amiss, but they did not know exactly what it was. Some speak of inner unrest, and a deep fear that they may be left alone. Loved ones left behind from suicides often recall this inner fear that at some point they knew their lover, family member, or friend could take their own life. Nevertheless, there are those that state no clues, no awareness, and that the personal tragedy was a bolt from the sky.

However and with adequate amounts of time, there are always reasons from the residue.

Here are some brief but true stories...

A woman lost one small child to a terminal disease. Astonishingly within the proceeding two years, she lost her remaining three children to differing illnesses and accidents. In total, she lost four small children inside two short years. A decade on and on reflection, her husband spoke of his wife's fears, he told how that when she lost her first child, the intensity of the fear was such that during her inability to process and deal with it, she began to fret over and fear for the others.

Another gentleman who in his own admission, was obsessively attached to his two boys, lost his 15-year-old to a hit and run driver right outside his own front door. To the very date and day, one year later his only remaining son who was also now 15, was also run over and killed at the very same spot.

While these are extraordinary and extreme, can they really be put down to bad luck and coincidence alone? While both situations conveyed messages of deeper meanings, it is not always consciously recognized.

There are those that may suggest the above to be just random life and a drawing of bad luck, yet can it be that the intense fear spoke of by both parents actually contributed to the feared outcome?

If we do not consider these as possible outcomes, then adversity may always be upon us. Yet we only need look at the truly privileged to glean an understanding that they do not lead parallel lives, and although they are not entirely free, the adversity experienced is minimal.

For the two unfortunate parents above, where on earth could the positive adversity be in their situations?

While it is not being suggested that personal tragedies are at all positive, when reflected upon most parents can indeed find messages and meanings. It may take time, and a great deal of reflection, yet with adequate guidance there is always a message. If an individual is living from a sub, or unconscious platform of fear, and adversity is being experienced, then fear is consuming their reality. The positive message is not in the tragedy but in the recognition that fear is contributing towards external reality and going onto creating these real life events.

As difficult as this may be to accept, the circumstantial evidence to support the above comes from the study of individuals living free from extreme adversity. That is, there is a apparent link that less fear equals less adversity, and while it is acknowledged that no individual truly lives free from fear, there are those whom are not driven by it.

### **Step 8 - Flipping Adversity Into Privilege And Harmony**

Is there a way to flip an unwanted, distressful, adverse life around?

Well, you be the judge.

There is another gentleman named Geoff who had two daughters from two previous relationships. Career driven and without being around, at the age of adulthood, one daughter tragically took her own life. The other, who had no connection to the first, also went off the rails and while she did not commit suicide, there is no connection between parent and offspring.

Nevertheless, and ironically, Geoff has a third daughter from another relationship. Now Geoff was fully conscious that his previous relationships were not to blame for his lack of parenting, but it was indeed his own inner lack of responsibility.

Over time, he came to the 'conscious understanding' that through the loss of one child, and the adversity experienced through the other, that there was indeed a deeper link. With a little assistance, he said that the events in life were negatively adverse, but they were indeed positively notching him towards his own inner lacks.

Fast forward five years and Geoff had literally transformed his own personal life. Albeit he was less focused on career and material assets, the richness in his personal relationships were immeasurable. His 5-year-old daughter not only adorned him, there is a genuine and loving bond between them. When asked what matters most in life, Geoff conveyed his inner feelings. He stated that the personal and inner harmony were more important than physical and material possessions. Furthermore, he voiced that inner harmony was a direct result of past adversity and put the whole picture down to positive adversity.

Additionally and when gravitating to the 'life may be a projection theory', Geoff spoke of how it helped him to not only live in the present and not take life too seriously, but he also was able to dissolve and come to terms with his first daughter's tragedy.

The most remarkable transformation though was Geoff's perception of privilege. He stated that life was presenting him with a position of privilege, harmony and he felt fortunate to have a loving relationship with his third daughter.

While it could be said that Geoff is a typical example of someone who from raw experience just happens to turn their own life around, he feels otherwise. Geoff said that had he not addressed his inner self, he fully believed that adversity would have continued.

Was it therefore a coincidence that for Geoff he changed his outer reality by addressing and changing the inner?

While much material has already been written on this subject, and there is an understanding that this thread can wear thin, also consider the cost of rejecting verses the potential of accepting this very idea. Also consider that which you already know. That is, you already know that to change oneself is far easier than changing others.

For example, if Jack does not like what John does, then the likelihood of changing John is far less than Jack addressing himself. Though why is this, and why is it people continue to pursue changes through other people and their external world? Because they are disconnected from the mechanics of how their own dynamics operate.

There is a saying with elites and that saying goes something like this, "**awareness is everything**". Yet, it is not only attributed to the elites as since as far back as the earliest recordings, this tiny phrase has been prophesied by religion, philosophers, and more recently by science. Yet paradoxically it appears to only have been accepted and adopted by a certain few.

Though why is this?

For the simple reason that consciousness and awareness are difficult to define, measure, or quantify, and the nature of their very existence is so subjective that to physically prove is near impossible. That is, both consciousness and awareness cannot be seen in the physical simply because it is the physical. It could be likened to a mirror trying to view itself by looking into another mirror. How does a mirror know it's a mirror when the reflection of itself creates an identical reflection? Here births a paradox, as the reflection goes onto infinity, and because it is always in a constant state of reflection, the mirror cannot know it's a mirror, so to speak.

While it's a bit of a brainteaser, life and reality may not feel real, if the nature of itself was so easily identifiable. What better way could there be to create a reality whereby you hide yourself within yourself, and upon reflection you just get more of the same. Nevertheless, does the existence of a mirror give a clue to who we are? That is, a reflection upon a reflection?

With that in mind, imagine if a mirror could talk and for the first time it caught a glimpse of itself through another mirror. What do you think it would say? Might it say, "*Who is in that other mirror?*" A little like a kitten being frightened of seeing its own reflection for the very first time. While the cat thinks it's a different cat, and the mirror sees a separate

mirror, could it be that consciousness and awareness operate similarly. That is when consciousness and awareness reflect back on itself, what it perceives is more of itself. In other words, what's out there is in here, and that outer reality is a direct reflection of inner reality, and there is indeed no separation.

Yet it goes further. Some individuals have come to the awareness and understanding that '*awareness is everything*'. Meaning that as an individual they operate from a level of awareness that they are indeed the very awareness and consciousness that creates. They may not know with absolute certainty, yet they perceive the dynamics of a seamless reality. In other words, they just know that their inner world goes on to create and reflect in their outer world and they operate from these dynamics accordingly.

Though how do they know and perceive this?

Because when they are free from core drivers of fear, then they are almost free from adversity. When free from adversity, privilege, harmony, balance, good fortune, good health and longevity bestow them.

Furthermore, and when free from the negative ego, cyclic perception, and single sided beliefs, then the perception of separation goes with it. Separation in the sense that '*I am a separate human being, and life and reality is also separate from me*', to '*there is one and that one is operating through me, it is me, and all that i am and more*'.

Again, this may come across as a brain twister, yet it is not meant to be. As it is nothing other than the little kitten perceiving itself to be separate, being frightened from its own reflection, to growing up and knowing the cat in the mirror is indeed itself. As the kitten transforms into a cat, its awareness of itself transforms. That is, the game is up and the cat no longer frightens itself by its own reflection.

The point being emphasized is the shift in perception. Consider the same way a kitten looks in the mirror with the mindset of 'who is that'? Humans do the same with their own inner conscious awareness. That is, and albeit it is a deeper reflection. Have you ever looked in the mirror asking, "Who and what you are?"

However taxing this may be, it is nothing other than a mirror looking at itself asking a similar question. Nonetheless, what do you think the answer is? Well, like the mirror sees another mirror, yet that mirror is a direct reflection of its own self, is this not the exact same for yourself. In other words, there is no answer as you just ARE and conscious awareness is all that there is.

## **Section 6 - Applying And Maintaining Positive Adversity To All of Life**

There is an understanding that when the above is allowed into your reality, it has the ability to not only positively effect, but it can go onto constructively redefine your whole existence.

The understanding being talked of is consciousness, or if you like conscious awareness.

In other words, there are individuals that are permanently immersed and their whole

existence is a constant battle, an uphill struggle, full of trials and tribulations. Yet at the opposite end there are indeed individuals who do not struggle, live an entire existence from a premise of privileges, harmony, good fortune and longevity.

It is the difference between Jack and John, privilege verses adversity, misfortune verses fortune, disease verses harmony, death verses dimensional shift, which ultimately comes down to the difference in **'perception'**.

However theoretical this module is, is it really possible to create a desired reality through a shift in perception?

Yes and No.

Yes, in a sense that perception along with the ego is working hard to maintain your reality, and the way your reality is, is the way you perceive it.

A change in perception means a change in belief, attitudes, judgments, opinions and so forth. In the real world, this amounts to what you buy into you become and what you don't buy into you don't become.

No in a sense that all desires stem from the egoic self, and where there is a desire, you can normally find a core fear. Dissolve the fear and the desire goes with it. Nevertheless, please do not think that one would then go onto live a lifeless life, no this is not the case. Yet, when desire. In particular desires fueled by core fears are processed and dissolved, then they are replaced with preferences.

That is, you may prefer to be a trillionaire, a politician, or a policeman, but instead of burning with a desire, the preferred thing is approached with a genuine 'take it or leave it' approach. Not a lacks attitude, but one whereby there is no real desperation, or insecurity, just a 'I can have it, or I can let it go' and the consciousness running through me will decide.

What does this have to do with adversity?

Well, when the negative ego is attached to one's perception then adversity is a surety. The measure is when adversity is viewed from its bigger picture of positive adversity and all events and experiences are then perceived for their communicative meaning. That is, whatever the adverse event or experience, hidden in there somewhere is a constructive message and when this message is consciously understood, then adversity subsides.

Nevertheless, whatever the level, when adversity ensues, there is great mileage in shifting one's perception to one's bigger picture in life. That is, instantly self-reflect to identify and find its meaning. That way, positive adversity becomes not only a habit, but an actual way of life.

While it could be said that positive adversity is just another avenue of adopting another belief system and that may indeed be true. Nevertheless, there is overwhelming evidence to support the mindset of expanding one's own awareness and perceiving your bigger life picture.

May we take this opportunity to thank you for taking the time and effort to apply this module.

**END**

Thank you

[Beyond Timelines](#)

**Other “Uber Cool” Transformative Feel Good Modules from Beyond Timelines**

[I Just Want To Be Happy \(Transforming De-motivation\)](#)

[I can't Do It, Yes You Can \(Transforming Fear\)](#)

[When Things Keep Going Wrong \(Transform Adversity\)](#)

[Getting What You Want Now \(Transforming Inner Resistance\)](#)

<sup>1</sup> Overall Consciousness refers to the commonly understood three levels of consciousness plus. That is the conscious self, the sub-conscious self, the un-conscious self and one's own interactive intuition. However, for simplicity and ease of understanding we group all these levels of human consciousness into one sum total called "overall consciousness". Overall consciousness literally means everything that you are within your reality, which includes self-chatter, internal dialogue, a deity, physical, and non-physical awareness.