

the new human 2.0™

ENERGETIC LIVING™ & THE NEW HUMAN 2.0™ STEPS TO LIVING & CREATION

1) You have to have developed a relationship to your **soul** – if you cannot sense a connection then at some stage in your evolution you may have rejected this part of you so maybe seeing an unconscious body worker can help merge the soul in the body might be key it cannot be done in the head. We take for granted it is and often it is not the case.

2) The EL teaching of **breathe and UEI™** will help connect soul – body – mind. Breathe is key to the exhale and inhale of creation – your vibration will bring this into form so yoga is great for deepening this. Inhale all of life and as you exhale send forth your unique frequency into what you wish to create.

3) **Expression** is key having developed ability to express needs and wants. This starts within the throat chakra - which is where so much of our energy is blocked, hence low functioning thyroid glands and also apparently old karma is stored here. This is also key in activation of heart chakra both work in tandem. What is also key is distinguishing your expression of being ness – as a portal, explorer, teacher, master, the divine feminine – starting to individuate and know your way of expressing being ness and counting this is key

<http://www.etobicokeholistichealing.com/chakras/blue.shtml>

4) All **victim- thinking** must no longer activate you – you feel it and allow feelings to be experienced yet they can be felt and move through you. Without inability to feel you will NOT transform so learning this is key also. Most of us betray ourselves and have no relationship with our Emotional Intelligence this must be developed so it does not limit you.

5) **Ego death** – this will feel like death – I am NO ONE will crop up when this starts to happen for you – this is just the ego and your self identity

clinging to old you – working through this is massive and part of the process from duality thinking and moving towards living at Unity consciousness

6) **Oneness** – developing an open heart that is one with life is key. This means also developing your integral perspectives and being able to breathe in all perspectives and be able to express yours yet without attachment. Opening our heart is a big step towards this and really being able to allow it stay open. When we live from this place our choices become different, we are gracious and real

7) Expressing your **uniqueness** – what is it that is unique to you that will fuel your ability to manifest. It might be your amazing listening skills, your medium ship, your role as a portal, a business creator, a midas - whatever it is will be key to transform your ability to create. It is key you identify your unique way you express consciousness we all have different ways this is delivered through us. Identifying your ways will help you respect it and also the many others that exist in the world.

8) Living within context also that you are **co constructing** rather than attracting like the movie “The Secret”. Distinction here with all theories out there re Law of Attraction we think we are attract to us what we want – this is build on us developing our ability to receive. This is within the 3rd dimension of creation that is only for the “I” so develops nothing but what you want in the world. When you enter the 5th dimension and 2nd tier you are co constructing with the oneness of life. Your ability is to CREATE rather than ATTRACT and you create from within. What is important here for so many of us is learning to only go half way – to NOT always be responsible for whole picture. To learn to place our energy half way and request this is met by others that is we participate on co –creation. The process of Individuation will help here working with others whom are responsible and humble also.

The **sound and vibration** of your voice is key – and the sound that goes with the thought is key. So if your unique ability is to sense things before they come then develop this and honour this as how things will be created in your external world. The internal is where it is birthed within you as the CREATOR.

9) Get clear then on **what you want** – yet not from place of necessarily knowing the full form more from a space of sensing and feeling this. Complete process daily of being in space of timelessness and sensing this or seeing this in form then DROP IT allow it to take form in its time in life.

10) **Karma** – we have to simultaneously transcend karma go to YOU TUBE and learn how

<http://www.youtube.com/watch?v=ihgjxtZtnIM&mode=related&search>

<http://www.youtube.com/watch?v=sdZFz95ucLk>

http://www.youtube.com/watch?v=dDs_OllzIY&mode=related&search

Our karma is stored in our shoulders and in our throat and we can erase this see this process below

<http://www.meditateforlife.com/topic-thiruneelakantam.html>

11) The **body** is the vessel fill it with what supports it to run at its highest vibration follow a regime that helps your vibration live at its best. We have seen sulphites and gluten create havoc upon our brain chemistry – for example dopamine levels which helps us stay in anxious and depressed states help yourself out by consuming what your body can process easily. We clear allergies to foods, people, events, emotions so you can consume a varied diet and enjoy this 3 D world without reactions.

12) Have **integral practices** that affirm your role as Creator through out day – daily visualisation, yoga, walk in park expressing feelings, practice 7 days straight being and maintaining UEI™ no matter what's happening in life, writing and creating do something that gets you in your creative impulse, listening to music and dancing to feel the vibration, short breathe sessions to connect your mind, body etc

13) **Melding energies**. For women this is key as we mainly live within our victim thinking or our masculine energy. We must be able to radiate and conquer at same time. This also means we have to ignite the flame of love within our hearts where divine feminine and divine masculine meet. As we go through our **individuation** process melding becomes

less relevant we just be who we are in wholeness. For men who have rejected their YIN(feminine) energy we will develop trust together and vibrational share this between us.

14) Transcending our beliefs re **sex**, this is our creative vortex and our vibration is shared here. We all hold collective beliefs re this and it is an opportunity for us all to create using our gross, subtle and causal energy system as the creator – igniting the creative impulse that starts here in the sexual or 2nd chakra. It also fuels money and power so is an important region we must have opened and in full flow. It is also key we transcend our beliefs regarding gender – man and woman and see the fallibility of both. The opportunity for passionate love making and sexual; synergy is developed within us. The catalyst is often a vibrational flame whom ignites this capacity we may not have discovered. This propels us into great appreciation for what sex is, how the vibration of love is united between us and the magnificence of creation.

15) The **unified force** calls us all into wholeness. We must develop critical thinking - which is ability to form and have opinions. Yet we must also remember just because some do not have awareness of consciousness that they are NOT doing it. Many live this without knowing, stay open to all others perspectives yet develop your own and allow all.

16) Understand the theory of **Spiral Dynamics** and Ken Wilber's Integral Theory regarding living at 2nd tier. Embracing all that you reject at various levels. Embracing the human darkness of both masculine and feminine and the beliefs that limit our evolution at various levels of development.