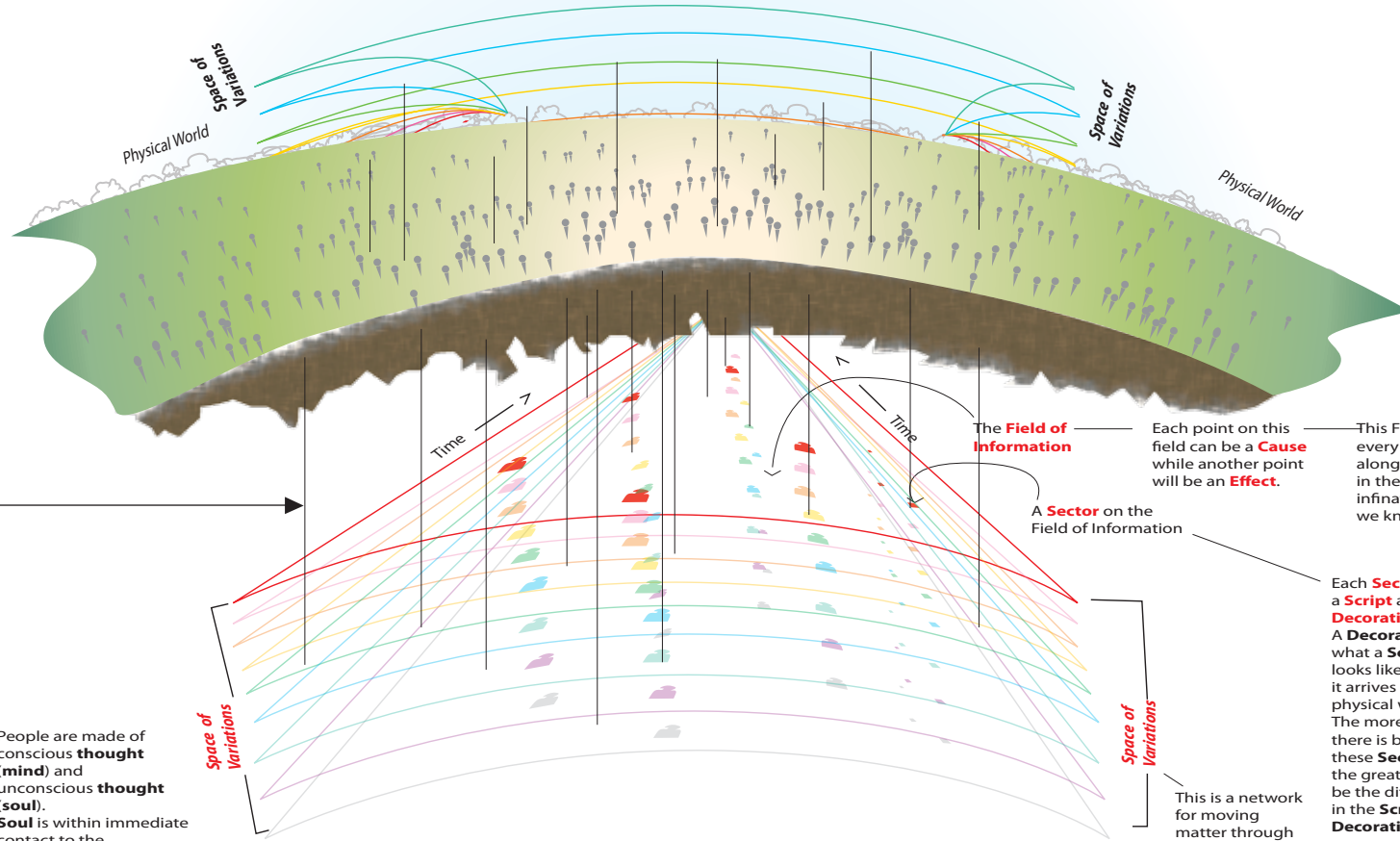


The Space of Variations Concept



Thought energy from humans reaching **Sectors** in the **Space of Variations**.

The energy of a person's **thoughts** are dispersed into space where they interact with the surrounding energy field. A parameter of thought frequency is tuned to a certain **Sector** in the **Space of Variations**. When thought energy falls within a **Sector** of the **Space of Variations**, that **Sector's** specific variation starts to materialize.

Energy passing through a person's body is modified by his or her **thoughts**. Upon exiting the body, these thoughts acquire parameters that correspond to these thoughts. These **thought** waves convert a **Sector** of the **Space of Variations** into a material manifestation in the physical world.

People are made of conscious **thought (mind)** and unconscious **thought (soul)**. **Soul** is within immediate contact to the **Field of Information** but the **Mind** is connected to the physical world reality.

As a person's **thoughts** change, the parameters of those **thought** waves acquire new characteristics and the material manifestation of the person's world moves from one old **Life Track** to a new **Life Track**.

On that new track, events follow a completely different **Script** in agreement with the parameters of that person's **thought** radiation.

Therefore, any person can easily use their **thoughts** to choose the **Life Track** and **Sector** they want to travel in.

The **Field of Information**

Each point on this field can be a **Cause** while another point will be an **Effect**.

This Field holds the information about every material object and its path along an infinite number of points in the **Field of Information**. Out of the infinite variety of points, come what we know as reality.

A **Sector** on the Field of Information

Each **Sector** has a **Script** and a **Decoration**. A **Decoration** is what a **Script** looks like when it arrives in the physical world. The more space there is between these **Sectors**, the greater will be the differences in the **Scripts** and **Decorations**.

The **Script** is a path where matter is transported. There is no limitation to the number of **Scripts** and **Decorations** that could exist in the life of a person because the **Space of Variations** is infinite.

You can never change a **Script** in the **Space of Variations**. You can only choose a different **Script**.

A person's life is a chain of **Causes** and **Effects**. In the **Space of Variations**, a **Cause** and its **Effect** are closely located.

This is a network for moving matter through space and time.

The multitude of forms that exist in our physical reality, must also first exist in a non-material reality as well. The **Space of Variations** is that non-material reality.

Causes and **Effects** in a **Sector** create a person's **Life Track**.

An event can enter a person's life that changes the **Scripts** and **Decorations**, but the person must choose the **Sector** he or she wants rather than fighting an undesirable **Sector**. In an effort to change it.

The person must choose a different **Sector** that holds what that person wants. To choose that desirable **Sector**, The person must use **Intention**.

From the book Reality Transurfing - Vadim Zeland

The 16 Laws of Transurfing

BREAKING THESE LAWS BRINGS EVERYTHING YOU DON'T WANT IN LIFE, SO OBEY THEM AND BE HAPPY.

LAW #1: All forms through which our reality is manifested must have a "Place" where these multitudes of variations exist.

There was never "A PLACE" where reality came from. Before Transurfing, we just believed that bad things happened and good things happened. Sometimes we were lucky and sometimes we were not. This was never true. There IS a PLACE where reality first exists. This place CAN be reached and it CAN be steered. This place is the Space of Variations.

LAW #2: Energy from the Space of Variations is changed by your thoughts.

The thoughts in your mind (your own or your Freddy's) transform the waves of energy passing through you, to either negative or positive. This changed energy then connects with a matching sector in the Space of Variations which then becomes your reality. Positive thoughts connect with positive sectors in the Space of Variations while negative thought connects with negative sectors in the Space of Variations. This is how you or your Freddy will create the reality you experience. For this reason, do not try to change a bad Script, (a bad neighborhood) in the Space of Variations. It cannot be changed. Instead, choose a positive Script (neighborhood) you like much better and keep your thought energy connected there by obeying these laws.

LAW # 3: Pendulums create their own laws and force people to obey them.

A Pendulum (Freddy) needs a believer and when a person believes the Pendulum, it stands over them and makes up rules for the believer to obey. These Pendulum believers do not know they are acting according to the made up laws of the Pendulum. They wrongly believe they are acting with their own free will. The most important goal of the Pendulum (Freddy) is to continue sucking the life out of its believers. Whether it harms or helps the person is of no concern to the Pendulum. The Pendulum ALWAYS justifies its own actions and will NEVER admit it's wrong. When controlled by Pendulums, people will NEVER admit they are wrong, but will fight to the death to be right.

LAW #4: A Pendulum falls to nothing when you refuse to fight it.

The first condition for success is a refusal to fight the Pendulum. Instead, merely accept it as having a right to exist which means you leave it alone, never blame it, never get angry at it, simply accept it as something that exists. Accepting the existence of the Pendulum does not mean you embrace it. Instead, you pass it with indifference, wave goodbye as it passes through you, and no longer think about it. Then the energy of the Pendulum flies past you and disappears into space. Simplify every problem by believing that the problem is easy to solve. A Pendulum limits your freedom by making you believe a problem is "hard" and gets you to say so. Instead, keep saying a problem is "easy to solve" and it becomes so.

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Law # 5: The Wave of Success - find ways to connect to it.

The Wave of Success is productive energy in the Space of Variations that is like an ocean wave that carries an exhausted swimmer to shore. Your job is to grab onto the fine thread of good news and pull yourself up to where it originates. Do that by taking an interest in any good news, no matter how small. It is your focus on this good news, good ideas, good purposes that moves you to a new Script (neighborhood) in the Space of Variations where you naturally and easily succeed. In this new place, everything becomes effortless and easy. In order to do these well, first accept your present situation as it is, then even the smallest thing becomes a source of joy. Start by having gratitude for it. Even things you throw away deserve your gratitude. In this way you give out positive thought vibrations to the world and these vibrations come back to you as the Wave of Success. As you live on the wave, remember that when an unfortunate event happens, it is just the Pendulum attempting to hook you and take you back. Accept it, ignore it and stay on the Wave. (Black Stamp it)

LAW # 6: To stay on the Wave of Success, eliminate ALL Excess Potentials: (Energy beyond what is necessary to live in this world and obey its laws).

You create Excess Potentials if you give great significance to your evaluations, your meanings for any event that happens. If any event has GREAT significance, it will distort energy and bring Balancing Forces into your life that will take away the very thing you wanted most. When any event takes on great importance, or great significance, the same Balancing Forces that cool hot temperatures and warm cold temperatures will come and take the thing you wanted most dearly. Therefore keep your level of importance, care, concern, need, worry, desire and ambition at Zero. You will have virtually no problems in life if the meaning you give to everything is to lower its importance to zero. (Eliminate your Freddy's Caring Angry Friend Scam)

LAW # 7: Rather than use desire, need, anxiety, hope and fear, you will use Intention to get all the good you want in life.

Intention is your will or your choice, free of excess potentials, to simply go and accept what you want. It is like going to the mail box to pick up your mail. Every event in your life will have this same natural, relaxed and comfortable attitude about it. As you will see in Law 11, there are two kinds of Intention.

LAW # 8: Your daily habit is to move from Problems to Balance in order to remain unaffected by Balancing Forces.

You live a life of Balance by reducing importance, but this has nothing to do with neglecting things. When you live in balance, you do not put yourself down. Instead you accept everything about yourself and your situations as good. You are neither important, nor are you worthless. This place is called Balance.

LAW # 9: Your Mind and Soul Are NOT the same.

Your Soul is your subconscious and your Mind is your conscious. Phrases that have been used to describe the Soul are "my sub conscious mind", "my intuition", "that still small voice" or "my gut". Your daily attention is on your conscious thoughts. You're constantly occupied with thoughts and feelings. Your mind does not know how to listen

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to your soul and it does not want to try. Your mind (thoughts) is “infect-able” by Pendulums (your Freddy). Your soul does not think in words. Instead it attempts to reach your conscious mind with a sudden impression, an instant knowing, a quiet sense that “this is the way to go.”

When your mind sleeps, your Soul speaks. It’s good to allow your mind to be distracted at times so your Soul can give you its insights which are ALWAYS right. Your Soul is the voice without words, thoughtfulness without thoughts, and sound without volume. You understand something, but only vaguely. You are not thinking but you feel it intuitively. It’s your Soul that gives you a sense of inner peace or inner discomfort about any topic. So if you want to know what is truly right, order your thoughts to be quiet and ask “Do I feel good or bad. Pick a different choice and then ask again. Your Soul will steer you in the right direction. Your mind will not and cannot know what is right. In addition to this, your soul is directly in touch with the Sea of Variations.

LAW # 10: Go With The Flow in order to make decisions.

Listening to your thoughts or trying to “figure things out” will get you in more trouble. Your mind has such limited information. It’s also easily infected by Pendulums (your Freddy). To go with the flow for a decision, you need to sense where that positive energy flow is moving. The Sea of Variations is organized into Cause and Effect chains. These create the flow through the Sea of Variations. You cannot oppose this current because it is massive. To avoid unpleasantness, correct your movements with calm, even strokes, no sudden movements. In doing everything calmly, you flow on the Wave of Success and it keeps you out of the path of Pendulums. Every perfect solution to every possible problem is in the Sea of Variations and these Cause and Effect chains will take you to the right place to solve every problem. This universe does not waste energy. Every problem you encounter already contains the keys to its solution so do everything in the easiest (not anxious) way possible. Living this way, you simply flow around (avoid) bad Sectors (bad neighborhoods) in the Sea of Variations.

LAW # 11: Two Kinds of Intention...you only want the second kind.

Doing things driven by your own will is Internal Intention. Allowing things to happen through Transurfing is External Intention. Internal Intention finds you trying to make the world cooperate with your desires. External Intention allows you to choose the way the world will behave. Internal Intention takes a lot of effort but External Intention is easy because you are allowing your goals to be realized on their own as you obey the laws of Transurfing. External Intention assumes that everything will happen as you want it to. So think of Internal Intention as you sweating, worrying, working, struggling and frustrated as you attempt to get what you want. Think of External Intention as the world opening its arms to you, walls parting in front of you and no matter what happens, you always end up in the right place at the right time.

Transurfing helps you stop problems, not by solving them but by avoiding them completely. You avoid problems by using other people’s Internal Intention. Other people’s Internal Intention is selfishness. It is their own desires, their own need to feel important, and their own need to be right. Instead of using your own Internal Intention

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to get what you want, (your own selfishness), abandon it and let External Intention launch by making it your intention to support the Internal Intention of other people (their selfishness).

External Intention does not desire to do anything. Instead it allows the Internal Intention of other people to do the work instead. You don't get in the way of what people want. All problems are created from the conflicting Internal Intentions of different people.

Internal Intention Example: A woman wants her reluctant boyfriend to marry her. He keeps resisting. She puts more pressure on him through guilt, pestering and demands. This is her Internal Intention at work. Result: He runs father away from her.

External Intention Example: This woman asks herself a question: What does a man want from marriage? Answer: He wants his own personal significance, to be loved, valued and respected by someone who admires him. Once she drops her own Internal Intention (her selfish desires) and focuses on helping him get his Internal Intention, then External Intention goes to work in the background, to bring her everything she gave up along with much more!

LAW # 12: Accept defeat to reach the goal.

To have what you want, no matter what it is, you will first need to dump your desires to achieve your goals. That's because desires build Excess Potentials and then ignite Balancing Forces which steal away your desires. When you obey the laws of Transurfing, you don't need to worry about how your goals will be reached. In order to accept defeat concerning your goals, ONE TIME imagine a scenario of a potential defeat and imagine what would happen if you don't reach your goal. When you see this, imagine other options to insure your success, or other ways that things might also work in your favor. Do this ONLY ONCE and then it will free you from the need to force your goal into happening a certain way. Now you have seen multiple possibilities and the Sea of Variations will bring you the one that will work best, far better than anything you could ever plan with your conscious thoughts. Once you accept defeat, you've just insured that Excess Potentials will not come near you.

LAW #13: Use your Imagination

Just as you look at slides on a projector of your last vacation, which puts you back in the situation with color and detail of a slide, an imagination slide is seen on your iTV projector. Look at pictures of your new "Have List". Your "Have List" of course, is the list of what you have chosen to have (and are waiting for) from the Space of Variations. In these slides see yourself in the middle of the wonderful situation, how people are treating you, how you treat them, what your surroundings look like and what you'll be enjoying. Because these future pictures are new to you, you will need to keep looking at them every day in order to feel comfortable with this new way of life. Get comfortable with your "Have List" because until it's seen as an ordinary life (meaning *you are no longer in awe of it*), your new "Have List" will not arrive until then.

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LAW #14: In this life you must find your own door and walk through it.

In your life, before you were a Transurfer, they sold you on the idea that you needed to persist, overcome obstacles and never give up. You believed life is a struggle. But as a Transurfer, you realize that happiness comes to you as you move toward your goal by walking through your own door. That means paying attention to the comfort level of your soul. Imagine that everything on your "Have List" has already been reached. It's all behind you now. Do you feel very good or do you feel bad? If you feel very good looking at this on your iTV, then you have found your door and you will soon be walking through it as a person who obeys the laws of Transurfing. If you don't feel very good looking at this, then it's not your door and you'll still need to find it.

HOW TO: When you find that thing that will give your life real meaning, then your goal also matches your door. Your soul has the answer to what your door really is. You know your door because you've had glimpses of it many times in your life. Each time you imagined it, even for a moment, your soul jumped within you and said "That's IT!" Your Freddy then said "You'll never get that, so forget it!" and you obeyed. It's time to bring that out and shut down your Freddy and become more like your Flag Page (*what you love most in life*). You do not know the "HOW", but your soul will find the way. So keep asking "How would this goal feel if I already had it?" If your soul has a "That's It!" reaction to your imagination picture, then you've found your door. If not, ask your soul to point you there and be a good listener. Never let your mind start putting up obstacles to what your soul says is your true door, the place you really belong. You are looking for something that will end up turning your life into an every day celebration of satisfaction and fulfillment.

That's because your own door is actually your Passion. What is Passion?

Passion is waking up in the morning, wherever you are, no matter how old or young and bounding out of bed because there is something out there you love to do, that you believe in, that you're good at. It's something that's bigger than you are and you can hardly wait to get at it again. It's something you would rather be doing than anything else in the whole world. You wouldn't give it up for money. It means more to you than money. And hopefully, it's something that makes the world a better place for other people and not just for yourself.

LAW #15: When On A Mountaintop, Dig A Foxhole

When you begin Transurfing, you will feel calm, secure, safe, important... It's like a mountain top experience. That's when a Pendulum will come to hook you by bringing unwanted situations or bad news to dwell on. It wants you to be worried, scared, lose your spirit and be annoyed. Wake up and remember! The pendulum game is trying to catch you. In effect, "Dig A Foxhole". That means you are already prepared for the pendulum if it arrives. Immediately drop your own importance and do it consciously so the pendulum falls to nothing. Defeat the pendulum this

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way and its energy intended to hurt you will transform into a nice feeling instead. Play your Black Stamp and no pendulum can hurt you.

LAW #16: Live like you shop at the Sea of Variations Supermarket

The Sea of Variations Supermarket is the place where everything is possible to you and everything you need is available. You just ask the clerk for it.

CLERK: “What would you like?”

YOU: “I want to be a show business star.”

CLERK: “No problem. Here is an excellent copy just for you. Fame, fortune and all the best that goes with it.”

YOU: “Well, um, it’s definitely not easy. Only a few succeed. They have special talents and I don’t.”

CLERK: “What’s talent got to do with it? Here is your merchandise. Take it.”

YOU: “It’s really hard to get into show business. It’s a real jungle with big shots like you wouldn’t believe.”

CLERK: “Fine, here is a big shot who will promote you. Take it.”

YOU: “But all these stars, they have big homes and high society. Could this really happen to me? It’s so hard to believe.”

CLERK: “Well that’s too bad. In that case, we can’t help you. I’ll take that merchandise back then.”

(... But **DON’T** be this shopper!)

– Larry Bilotta –

16 Laws Do List

Rate each of these 14 laws every Sunday with a goal of hitting 85%.
(add your total, divide by 140)

Accept Trouble

1 Merely accept the pendulum as having a right to exist-leave it alone, never blame it, never get angry at it, accept it as something that exists. Accepting does not mean you embrace it - you pass it with indifference, wave goodbye as it passes through you, no longer think about it.

Sunday Sunday Sunday Sunday Sunday Sunday Sunday Sunday

Problems Are Easy

2 Keep saying a problem is easy to solve and it becomes so.

Search Out Good

3 Your job is to grab onto the fine thread of good news. Do that by taking an interest in any good news no matter how small. Focus on this good news, good ideas, good purposes.

Have Gratitude For It

4 Accept your present situation as it is. Make even the smallest thing a source of joy. Start by having gratitude for it. Things you throw away deserve your gratitude. Give out positive thought vibrations.

Walk Right Through Trouble

5 When an unfortunate event happens, it is just the pendulum attempting to hook you. Accept it, ignore it and stay on the Wave. Black Stamp it.

I'm Neither Good Nor Bad

6 Accept everything about yourself and your situations as good. You are neither important, nor are you worthless.

Be Comfortable With Everything

7 Keep your level of importance, care, concern, need, worry, desire, ambition at zero. Eliminate your Freddy's Caring Angry Friend Scam.

Be Calm And Listen

8 It is good to allow your mind to be distracted at times so your soul can give you its insights which are ALWAYS right. Order your Freddy thoughts to be quiet and ask "Do I feel good or bad?" If bad, pick a different choice and ask again. Your soul will steer you in the right direction.

Friction-Free Life

9 Do everything calmly. Do everything in the easiest, not anxious, way possible.

Tend To Their Selfishness

10 Avoid problems by using other people's Internal Intention. Other people's Internal Intention is their selfishness. Instead of using your Internal Intention to get what you want (your selfishness), abandon it. Make it your intention to support the internal intention of other people (their selfishness).

Continued on 2nd page

	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday
<p>11 There's Multiple Possibilities</p> <p>In order to avoid becoming anxious about your goals, accept defeat ahead of time. ONE TIME, imagine a scenario of a potential defeat and imagine what would happen if you don't reach your goal. When you see this, imagine other options to insure your success, other ways that things might also work in your favor. Do this ONLY ONCE and then it will free you from the need to force your goal into happening a certain way.</p>								
<p>12 Greatness Is Normal</p> <p>Keep looking at your "Have List" every day so you can feel comfortable with this new way of life. Get comfortable with your "Have List" Until it is seen as an ordinary life (meaning: you are no longer in awe of it) your new "Have List" will not arrive.</p>								
<p>13 Possibility Is Comfortable</p> <p>Pay attention to the comfort level of your soul. Imagine that everything on your "Have List" has already been reached. It's all behind you now. Do you feel very good or very bad? If you feel good, you found your door. If not, assist your soul and keep looking.</p>								
<p>14 Secure The Best</p> <p>When things go right for you, and you feel you're on a mountain top, dig a foxhole. This means that you will be prepared for the pendulum, your Freddy to come and try to take this away from you. Drop your own importance for this mountain top experience. Immediately let the pendulum fall to nothing. Black Stamp it.</p>								
TOTALS								

Great Examples of "Have List" wording.

1. **I have** a wife who feels safe and secure with me always because I'm an Environment Changer.
2. **I have** a daughter who is free from the generation curse because her dad treasures her and gives her the best of tough but fair.
3. **I have** a key role in my financially successful company where I have a healthy balance between financial prosperity and family prosperity.

Reality Transurfing

By Vadim Zeland - ***Summarized by Larry Bilotta for Books 1, 2 and 3***

October, 2010

Reality Transurfing Notes Index: All 3 Books

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Reality Transurfing Notes: Book 1

PREMISE: (note: underlines are key ideas suggested by the editor)

- When describing a micro-object, if we choose to see it as a particle, we get a model of an atom first built by physicist Niels Bohr. In that model electrons revolve around the nucleus.
- On the other hand, if we take a wave as the micro-object, then the atom will look like a blurred stain.
- Both models work but they are different forms of the ways in which reality can be seen. **We get whatever we choose.**
- For centuries, scientists have struggled to find truth by shattering one theory only to idealize another.
- But after each search for truth, one fact remains: any theory is nothing but a separate part of the multifaceted reality of life on this earth.
- Each scientific theory is supported by the time at which it was developed and so it has a right to exist.
- Any view of life works the same way so if you decide that fate is something predetermined, and you are not in charge of it, then it will be that way.
- If you take any phenomena observable in this world and make it your point of reference, you can create an entire field of science.
- This field would have no contradictions in it so it would successfully reflect the manifestation of the reality you chose to see.
- You can create an entire knowledge system like a field of science, and to do it, just take a couple of facts that don't have to be fully understood, but nonetheless now have a place in your new system.

- As an example, quantum physics is based on several un-provable truths called postulates.
- These postulates cannot be proved because they are the initial points of reference of quantum physics.
- In quantum physics, a micro-object (an electron), will act as a particle in some cases, but like a wave in others.
- Scientist were not able to interpret such an unusual behavior, so they simply accepted this is the way things were.
- The postulates of quantum physics are able to accommodate the immense variety of shapes and forms through which our reality can be manifested.
- Even while scientists are trying to explain one appearance, another one enters the stage and is contradictory to the previous one.
- Scientists try to unite different manifestations of reality so that the contradictions can be removed.
- But this is an extremely hard thing to do.
- There is only one fact not subject to doubt.
-
- This fact can unite and solve all branches of knowledge.
- The fact is this: the diversity of variations is the foremost and fundamental quality of this world we live in.
- Scientists from different schools of thought avoid this fact about the multiplicity of variations.

- The multiplicity of variations is the starting point.
- What that means is this: reality can be manifested in an infinite number of ways.

- Start with this fact: all forms through which our reality is manifested must have a place where these multitudes of variations exist.
- The world reveals itself as matter moving through space and time.
- Moving matter is subject to certain laws.
- But laws are just abstract inventions of we who observe the manifestations.
- We use these to facilitate our understanding and explain what we are seeing with our senses.
- It's unlikely that nature keeps these laws hidden somewhere.
- Take an example of fixing a point on a graph.
- We could store the exact coordinates of every single point but there is an infinite amount of them.
- Our memory is not that big and can't handle such a massive amount of information.
- But to nature, infinity is no problem.
- Nature doesn't need to generalize the location and movement of points on a graph using a formula.

Cause and Effect

- If you were to break up a long line into an infinite number of small points, then each point could be considered a cause and each next point could be considered an effect.
- In this way the movement of any point in space and time can be viewed as an infinitely long and continuous chain of infinitely small causes and effects.
- With our limited knowledge, we represent the motion of matter using laws that we make up but nature holds this motion in pure form, as infinite numbers of causes and effects.

The Space of Variations

- To illustrate this then, information about every possible material object and its path along the infinite number of points, is stored in a field of information which we will refer to as the **space of variations.**
- The space of variations contains information about everything that was that is and that will be.
- We can say that the space of variations contains all information.
- Let's don't pretend to guess how this information is preserved because that's not important.
- But this is essential: the space of variations works as a template, a network for moving matter through space and time.
- In this way each point in the space of variations contains its own variation of a particular event.
- Pretend that a variation consists of a **script and its decorations.**

Scripts and Decorations

- In our analogy, let's pretend also that the decorations represent the physical view of manifested reality.
- And in our analogy, the **script** is the path where matter is transported.

Sectors

- Now let's divide the space of variations into **sectors**.
- Each sector will have its own script and its own decorations.
- The more space there is between the sectors, the greater will be the differences in the scripts and the decorations.
- Your own destiny on this earth is represented by a multitude of variations.
- There are no limitations to the number and type of scripts and decorations that could exist in your life.
- That's because the space of variations is infinite.
- What seems like an insignificant event could have a big impact on your future.
- Your life is just like any other transportation of matter.
- It's nothing but a chain of causes and effects.

Life Tracks

- In the space of variations, a cause and its effect are closely located.
 - One follows the other and in this way the sectors of your destiny form a **life track**.
 - Scripts and decorations on one track are of the same nature.
 - Your life is flowing evenly along one direction until an event takes place which changes the scripts and decorations.
 - Then a turn is taken and begins moving along a different life track.
 - Imagine you're watching a play.
 - The next day you go back to the theater and watch the same play again.
 - The play is now performed with different decorations.
 - During the next theater season you watch the play with the same actors but this time the script has a changed.
 - This life track is located further away where you went to see the play the first time.
 - The play could run in a different theater and you would experience a new and unusual interpretation of the play.
 - This life track is far away from the first life track.
 - Reality manifests itself in all its multiplicity, precisely because the number of variations is infinite.
-
- At any point an origin can flow into the chain of causes and effects.
 - By choosing your point of origin you will get a corresponding manifestation of reality.
 - Reality unfolds itself along a life track.
 - It depends on the point of origin you select.
 - Everyone gets what he chooses.
 - You have the right to choose because the infinity of variations already exists.
 - No one prevents you from selecting whatever destiny you'd like.
 - Mastering your destiny comes down to one simple thing: make a choice.
 - Transurfing answers how to make that choice.
 - An informational structure contains an infinite multitude of potential possibilities, that is, variations.

- Each one has its own script and decorations.
- The process of materializing into reality will take place in line with the information contained within that structure.
- In the micro world of quantum physics, matter can take the form of a bundle of energy.
- Micro particles are being born and destroyed repeatedly in vacuum space.
- Matter does exist but at the same time it doesn't really have a material substance.
- One thing is absolutely clear: everything tangible is based on intangible energy.
- An ocean wave is another analogy that illustrates manifestations in the space of variations.
- Imagine a tsunami is created on the ocean floor.
- The wave travels along the surface of the ocean as a large hump but the water itself remains in place.

- It is not the mass of water that is moving.
- Instead it's the manifestation of energy that's moving.
- The sea would be the space of variations but the wave would be the material manifestation seen in reality.
- On one hand, material manifestation moves in space and time but on the other hand, variations remain in their places and continue to exist.
- This means that everything was, is and will be.
- Time is just as static as space.
- We can only feel the flow of time when the film is running him, and the frames follow one after another.

- Let's unfold the film and look at all the frames at once.
- Where did all the time go?
- All of the film frames exist simultaneously.
- Time is static until we begin to look sequentially at one frame after another.
- This is exactly what happens in real life.
- Everything written in the field of information has been there forever and will remain there.
- Life tracks exist like film reels.
- Everything that has happened does not disappear for good but continues to exist.
- Everything that is about to happen is happening right now.
- The present is just the material manifestation of a single point in the space of variations on your particular life track.

- The space of variations works like a template.
- It determines the way things should be manifested in reality.
- Imagine a dark forest and a man with a flashlight.
- As the man walks, whatever he points his flashlight at is illuminating a small part of the forest.
- When you create a material reality it shows a part of reality like a spot of light in a dark forest.
- The entire dark forest is the space of variations but the illuminated part is the realization of a variation of one sector.
- What lights up (materializes) a variation in the space of variations template? There is no doubt. Thoughts are the material that makes this happen.

- Reality appears to us in shapes: our existence is defined by our consciousness and yet there is plenty of indisputable evidence to the contrary.
- Our thoughts are not just a motivation to act; they also have a direct impact on reality.

- There is a great deal of evidence to support the fact that thoughts have a direct influence on reality.
- Starting point: waves of thought energy materialize a potential.
- Reality can be manifested in any form defined by your consciousness.
- We can find evidence supporting this hypothesis from experiments in quantum physics.
- It is not important to know exactly how thoughts interact with the space of variations.
- It is not clear how the process of information transfer takes place.
- We will assume that the wave of thought energy connects to a certain sector of the space of variations and as a result that variation gets its own materialization.
- Waves of thought will find their corresponding sector in the space of variations.
- The variation of that particular sector can then be materialized.
- So in this chain of events, your consciousness is able to define and then create reality.
- But this is only one way of manifesting reality.

- It's not possible to form your own reality the way you like it just by meditation.
- It may seem that establishing a link between thoughts and the events they create is difficult.
- But I will show you that thoughts have a direct influence on the form of reality you create.
- People get exactly what they choose.
- Man occupies a tiny niche in this infinite space.
- This world is populated with millions of living organisms and each one of them makes its own contribution to the formation of reality.
- Each creature has its own parameters of thought waves.
- The material world is the same for everyone, but each person has his own manifestation of reality.

- Imagine you are a tourist visiting a beautiful city.
- You admire the architectural beauty gardens, fountains, parks and paths with smiling faces of wealthy townspeople.
- As you pass a garbage can, you see a homeless person. He is in the same world as you and in the same dimension.
- He does not see what you see.
- He sees an empty bottle and another bum that's out to get the bottle.
- He sees the police looking suspiciously at him.
- You live on one life track and he lives on another.
- Your life tracks have crossed in the space of variations.
- As a materialization of reality, this world is the same for both of you.
- All material manifestations are built on energy.
- Energy is primary while all physical manifestations are secondary.
- Let's look at energy as an invisible force that exists in reality.
- Let's acknowledge the fact that the energy of your thoughts is material.
- The energy of thought is not locked in your head, circulating there aimlessly.

- Instead, it's disbursed in space where it interacts with the surrounding energy field.
- Thought energy has a frequency just as radio waves do.
- Whenever you think about something, the frequency of your thought energy is tuned to a certain area in the space of variations.
- When energy falls inside a sector of the space of variations, that sector specific variations starts to materialize.
- Energy has a complex structure and permeates everything in this world.
- When energy passes through a person's body, the energy is modified by the thoughts of that person and upon exiting; energy acquires parameters that correspond to the thoughts of that person.

- Energy waves absorb the characteristics of thoughts as the waves pass through you.
- Your thought transforms the thought waves passing through you which in turn convert a sector of the space of variations into what will become a material manifestation.
- When you think something good you radiate thought energy into the space of variations.
- This changed energy wave which passed through you, is applied to a specific sector of the space of variations and this interaction creates changes on your life track.
- This is how situations in your life are created by your thoughts.
- You get what you choose. This is reality whether you like it or not.
- As soon as your attitude toward reality changes, the parameters of your thought waves acquire new characteristics and the material manifestation of your world moves from the old track to the new track.
- On that new track, events follow a completely different script in agreement with the parameters of your thought radiation.

- For example: when you are presented with obstacles and react in a negative way, expressing your verbal dissatisfaction, your thought waves relocate themselves onto a track where there will be more obstacles.
- You are the one who chose to put your thought energy on that problem track.
- You are responsible for directing your energy of manifestation into problem areas of the space of variations.
- That means if you choose to fight obstacles, you will have many more of them to fight.
- If you are constantly thinking about problems, you will be on a track where there will be more problems.

- You can never change a script in the space of variations.
- Only you can make the choice to move to a different script.
- If you insist on trying to stubbornly change unpleasant events in the script within the space of variations, you will keep on thinking of things you don't like.
- If you went to an art gallery, you wouldn't be able to remove or rebuild an exhibit you didn't like.
- You're not in charge.
- But no one can stop you from walking over to a completely different exhibit you like better.
- But crossing to a different life track where you get what you want doesn't happen just by wanting it.

- Not all thoughts can be manifested but that's not because of the content of those thoughts but rather because of the nature of those thoughts.
- If you dream for something, that does not mean you are choosing it.
- Dreams do not come true.
- You must fulfill certain conditions before what you dream can come true.
- There are an infinite number of life tracks for each person in the space of variations.
- There is no need to resent our destiny because we have the right to choose a new destiny that fits us.
- Our only problem is that we don't know how to choose a destiny for ourselves.
- The world appears as if it was created to satisfy any possible need.
- Anyone can find anything they ever wanted here.

- The world appears to us just the way we want to see it.
- Since you cannot change the script of a particular variation, fighting the world you are in, trying to change destiny will go completely unrewarded.
- Do not try changing a script because it is pointless.
- Instead, just choose a variation you like much better.
- Most people do not believe the model of variations.
- I didn't believe it either until I was convinced that Transurfing works and does so 100% of the time.

- Different mathematical models can represent the same physical phenomena in different ways. It would be funny if experts in analytical geometry suddenly began fighting mathematical analysis and argued that geometry is the only true mathematical discipline.
- Mathematicians come to agreement among themselves but philosophers and religious people never do.

- **Where is the space of variations located?**
- Because of our three-dimensional perception height, width, and depth we could say that the space of variations is everywhere and it is nowhere at the same time.
- Imagine an infinite plane with no beginning or end and on that plane live tiny two-dimensional people.
- They don't suspect there is such a thing as a third dimension.
- To them, this is a flat plane and they cannot understand how anything could exist beyond height and width.

- All we would need to do is add a third dimension to this world model and suddenly an infinite number of planes can be created.
- In other words, don't worry about the fact that we are not able to imagine in great detail how an infinite number of worlds can coexist with our own.
- It's hard to believe that parallel worlds exist. But on the other hand it's easy for you to believe in the theory of relativity that claims that an accelerating body increases its mass, reduces its size and slows down the passage of time through which the body moves.
- It is impossible to test this claim firsthand.

- It's not important to understand the theory, but there is great practical use from it.

- It's absurd to argue about the advantage of a given model in infinite space.
 - Try to picture the infinity of increasing distances such as outer space.
 - Off in the distance there are no boundaries.
 - Strange as this may sound, the infinity of decreasing distances has no limits either.
 - We can only observe a limited part of the visible universe.
 - The telescope and the microscope have limitations.
 - Infinity on a microscopic level is not any different from infinity on a universe level.
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- It is an observed fact in quantum physics that in a vacuum, at any moment in time, elementary particles appear out of nowhere and disappear just as suddenly as they appeared.
 - We can consider each particle as a separate universe similar to our own.
 - We don't know a single thing about elementary particles and how they are created.
 - Moving deeper into the microscopic world, the distances between particles become similar to distances in outer space and the passage of time slows down.
 - To an external observer, our universe exists for one moment only, just like a particle that is born and then extinguished into emptiness within seconds.
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- It takes just as much time to fly in the microscopic world as it would if you were to fly in the endless expanses of outer space.
 - Time is infinite and space is infinite.
 - This applies to time that runs forward and time that runs backward.
 - Fragments of time can be as infinitely tiny as they can be infinitely big.
 - Any point on a time fragment can be considered a point of origin.
 - On both sides of that point there is infinite time.
 - Moving the point of origin along the fragment of time won't change anything that is ahead or behind that point.
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- This infinity of worlds within worlds exist at the same time.
 - The center of the universe is located at any given point, at any given moment.
 - That's because the very same infinity surrounds each point from every possible side.
 - All possible events exist at the same time for the very same reason the center of the universe is located at any given point.
 - It's hard to imagine but it's also impossible to look at the universe and see it all.
 - No matter how far you imagine yourself moving in the universe, the same infinite space will surround you.
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- There is no reason to torment yourself with questions about exactly why and how Transurfing works.
 - It would be like a little boy asking a physicist "Why are bodies drawn toward each other?"
 - The physicist would answer "Because of the law of gravity."
 - The child would ask "Why does the law of gravity exist?"
 - There are no answers to these questions so let's leave the fruitless task of trying to explain something and let's use the outcome of the model of variations. It's clearly beyond us to know.
 - Here's the point of Transurfing: you can choose your own happiness without having to fight for it.

- **Pendulums**

- A pendulum is an information energy structure.
- Pendulums create their own laws and force people to obey them.
- As children we are taught to submit ourselves to someone else's will.
- Serve country, serve family, serve political party, etc.
- Everyone lives under obligation, responsibility, necessity, guilt.
- These structures are created when a separate group of people starts thinking and acting the same way.

- As the group grows large enough it can require large groups to submit to its will.
- On the level of material realization, energy structures consist of people united by common goals along with material objects like buildings, furniture and technology.
- But what is the process that enables these structures to be formed?
- A thought is created by the group and focused in one direction.
- The parameters of their thought energy become identical.
- Thought energy of independent individuals merges into one flow.
- In this way, right in the middle of the energy ocean, an independent information-based energy structure is created called the energy pendulum.
- This structure begins to live its own life and makes those that took part in its creation obey its laws.

- **Why are these structures called pendulums?**
- It's because the higher and faster a pendulum swings, the more people feel its energy.
- Every pendulum has its own frequency and vibration.
- You can make the swings go high only by applying the force of a certain frequency.
- That frequency is called residents.
- If the number of pendulums adherents' decrease, the pendulum swinging will slow down and eventually its motion will not exist.
- When there are no more believers to swing the pendulum, it will stop as an entity and will die.
- Here are examples of dead pendulums: pagan religions, stone tools, ancient weaponry, vinyl records: ideas and things that existed before and are no longer in use.
- Can all these things be called pendulums?
- Yes. That's because any structure whose features were shaped by people's thought energy is a pendulum.

- In fact you could say that all living beings who can radiate energy in a single direction will eventually form an energy pendulum.
- When these pendulum units grouped together and start swinging in unison they create a group pendulum.
- The pendulum stands over its believers like an independent superstructure. It makes up rules for its believers and keeps them together.
- Its believers do not know they are acting according to the laws of the pendulum instead of their free will.

- A bureaucracy can conflict with an influential official's independent decisions but these decisions cannot conflict with the laws of the pendulum.

- Otherwise such an influential official would be rejected.
 - Even a single person is a pendulum by himself.
 - He is not aware of his own motivations.
 - The pendulum takes energy from its believers and establishes power over them.
 - A pendulum is destructive in the fact that it does not care about the fate of its individual followers.
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- The pendulum has one goal: maintain a constant flow of energy from its individual followers whether it benefits or harms an individual is of no concern to the pendulum.
 - Living under the influence of a destructive pendulum can ruin your life.
 - By being a follower of the pendulum, the person gives his energy to the pendulum and the pendulum provides an environment where the person can live.
 - As soon as the person starts breaking the rules of the pendulum, the frequency of his thought energy is no longer in sync with a resonance frequency of the pendulum. The pendulum is no longer getting any energy from the follower.
 - The follower is thrown out of the system.
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- A person under the influence of a destructive pendulum can accomplish amazing feats.
 - Examples: Napoleon, Hitler, Stalin were followers of destructive pendulums.
 - Napoleon was asked if he had ever been truly happy and he was able to number only a few days out of his entire life when he was happy.
 - Destructive pendulum examples: join the military and face oppression, enroll in college and master professions that are not yours. Find jobs that are strange and but give prestige, find work that swamps you with problems, bring in strangers and end up suffering.
 - A pendulum's activity often leads to the destruction of individual followers.
 - Destructive pendulums can pretend to be virtuous and good but a pendulum takes its victim away from their life tracks where they would find real happiness.
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- **Defining Characteristics Of A Pendulum**
 - A pendulum feeds on the energy of its followers and amplifies its swinging.
 - A pendulum tries to attract believers so it can receive as much energy as possible.
 - A pendulum sets its group of believers against all other groups.
 - A pendulum is aggressive in blaming all those that do not want to believe, trying to win them over or neutralize them altogether.
 - A pendulum puts on good-looking mask to cover its real aims and justify its own actions to win over many followers.
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- A pendulum is like a group mind.
 - Pendulums play a much greater role in people's lives than they believe.
 - You must recognize a pendulum and avoid participating in its manipulations.
 - The pendulum has one defining feature: it is always competing with energy structures like itself fighting for control over people and their thoughts.
 - Even pendulums such as charitable organizations, societies for nature preservation, animal welfare organizations etc. do not do anything but feed on your energy and do not care about you or anyone else's happiness or welfare. This is destructive to you personally.

- They ask you to be merciful to others while they remain indifferent to your welfare.
- **The Battle of the Pendulums**
- Pendulums seek to destroy other pendulums to drag new people to its side.
- The pendulum will try to set its followers against followers of other pendulums.
- We are good and they are not like us.
- People who are drawn into this system follow false goals that they believe are their own.
- An extreme example of the battle for followers is war.
- In order to convince its followers to go to war, the pendulum will put forward arguments that correspond to the time in history.

- The classic method was to get back what is rightfully ours.
- As civilization advances, these forms are refined.
- A noble aim is to bring the undeveloped people to a higher level.
- Modern war is like a wild beehive in a tree. The pendulum approaches and tells its followers these wild bees are dangerous and must be destroyed.
- The pendulum pokes it with a stick.
- The bees fly out and start stinging the pendulums followers.
- The pendulum triumphantly explains “See how aggressive they are.”
- It does not matter which slogans they use, the pendulum needs followers.
- New energy is vital for the pendulum.

- Since new followers are its lifeblood, pendulums must battle each other for existence.
- Other pendulum battles: struggle for market domination, rivalry of political parties, economic competition, competing ad campaigns,.
- The environment is made of pendulums.
- That's why you'll find competition in every possible area of modern living.
- Pendulums are at all levels starting with government disputes and ending with competition between clubs of people and individuals.

- Pendulums strengthen their position with finances, buildings, a equipment and people.
- At the top pendulums place their favorite people.
- They do not have to possess outstanding qualities.
- Their traits must fit perfectly with the pendulum structure.
- If the parameters of the favorite at the top no longer meet the needs of the system, the favorite will be removed with no regard to his welfare.
- As soon as a person tunes in to the pendulum's actual frequency, and interaction takes place on the energy level between him and the pendulum, the frequency of the followers thought energy is fixed and maintained by the pendulum's own energy.
- The follower transmits thought energy on the frequency of the pendulum, while the pendulum in turn grants a little bit of energy to the adherent to maintain the pendulums influence over the person.

- Example: political party catches a believer, feeds a little energy as good feelings of appreciation and importance.
- The follower believes he has the situation under control and is making his own choices.

- He was chosen by the pendulum that has control over him.
- The follower believes he is doing what he wants to do but the follower's will has been invisibly and artificially forced on him by the pendulum.
- The follower is placed in the pendulum's information field where he will be spending time with others discussing hot topics.
- The follower establishes energy connections with the pendulum and fixes his own energy within the structure.

- Pendulums take advantage of the fact that a great deal of what people do is based on what is going on unconsciously within them.
- That's why pendulums get energy from their followers and also from their enthusiastic opponents.
- Example: a group of old people sit around complaining about government saying how terrible it is but what they are doing is producing a lot of thought energy at the frequency of the pendulum.

- The pendulum does not care which side it's pushed from. Positive and negative energy will do as long as the frequency of a person's thought energy is resident with the pendulum's frequency.
- The mass media is a pendulum itself.
- Journalists are paid to get your attention.
- They do this with agitation, fear, irritation, anger and envy.
- The public statement of this purpose is free information but the ulterior motive is to tune in as many people as possible to the frequencies of specific pendulums.
- Example: prices go up and you complain loudly and talk to friends all about it and this is exactly what the pendulum wants.

- You are radiating negative energy at the pendulum's frequency into the world.
- The pendulum will harvest this energy which will make the pendulum swing higher resulting in the situation with prices getting increasingly worse.
- At this point the pendulum is controlling you like a puppet master pulling you using strings of fear, the most ancient feeling there is.
- Feeling guilty is another way to get energy out of you.
- Feelings of guilt are in you from childhood.
- If you're guilty then you have to do what I tell you.
- The complexes are pendulums: I'm not attractive, I don't have abilities, I am not bright, I don't know how to communicate, I'm not worthy.
- The warrior complex: I have to be cool, I will fight for my place, I will take what is mine.
- The lover complex: I am sure I am right, he/she is wrong.
- These are the energy drains of individual pendulums.

- If a particular subject doesn't produce emotion, then it's hard to focus on it. Therefore pendulums will capture the flow of thoughts by pressing emotional buttons.
- A pendulum can only be defeated by other pendulums, one man can do nothing.
- If a man gets into a fight with the pendulum, he will only lose energy.
- The man who rebels against the pendulum has gone out of control and is no longer a source of energy for the pendulum.

- If a man cares a great deal about something that is important to him, this creates a capture of thought energy and the man is caught in the pendulum's resonance frequency. He starts feeling anger, worry, fear.
- He is now actively radiating energy on the frequency of the pendulum.
- Some of this energy goes to particular sectors in the space of variations.
- The man's thought energy is transported to the sector in the space of variations where everything he wants to avoid exists in abundance.
- If a man's thought energy is fixed on a certain frequency, he is transported to the corresponding life track and the pendulum is drawing on his energy.
- If you hear about a natural disaster and begin to care about it and talk about it with your friends, you will be transferred onto a life track where you will be a victim of a disaster yourself.
- The stronger your desire to avoid something, the greater the risk you will get it.
- Actively fighting what you do not want is the same as doing the best to make this terrible thing a part of your life.

- The only way to remove the unwanted from your life is to free yourself from the influence of the pendulum that trapped your thought energy.
- There are two ways to escape the pendulum script: a) make it fall through or extinguish it.

- **The Fall Through of a Pendulum**
- Fighting a pendulum means feeding it your energy.
- The first condition for success is refusing to fight.
- In the art gallery you do not resist the pendulum of the art you don't like, you merely accept it. You have recognized the right of the pendulum to exist.
- You have the right to leave it alone and resist falling under its influence.
- You must not blame it, get angry at it, or lose your temper.

- Quietly accept the pendulum as something given, an unavoidable evil and then leave.
- If you show any resistance, you will give energy to the pendulum.
- People have a vague idea of what they want but everyone knows what they don't want.
- The word "accept" does not mean you embrace.
- Everyone has the right to exist so pass them by with indifference.
- To let things go means to wave goodbye as they pass through you.
- If you don't want to have a certain thing in your life, no longer think about it, pass the thing by and it will disappear from your life.
- To throw it out does not mean avoid it, it means you ignore it.
- It means you do not react to it in any way.
- The energy of the pendulum flies past me and disappears into space.

- **Extinguishing a Pendulum**
- There are situations where you cannot make the pendulum fall through, ignore or escape it.
- To extinguish a pendulum, do something surprising, something shocking, and something off the script.
- Example: acting like a crazy man to a gang leader.

- When you react to a negative situation with resistance, negative energy makes the pendulum swing higher.
- It's you who are the one doing the pushing.

- React with false enthusiasm or even moronic delight. This extinguishes a pendulum.
- Extinguish a pendulum with substitutions: confidence for fear, enthusiasm for gloom, indifference for resentment, joy for irritation.
- Play a game and pendulums do not stand a chance.
- Now force the pendulum to play your game and you'll enjoy it.
- The working principle is this: radiate thought energy at a frequency different from the resonance frequency in the pendulum.

- The pendulum is extinguished and leaves you in peace.
- If you are successful at this, you can consider your troubles gone.
- That's because the pendulum did not begin to swing on its own. You got it out of balance.
- A pendulum person approaches you with a problem and you solve it on the energy plane.
- Later that person you rescued from the pendulum will have a friendlier attitude towards you.
- He will never guess why he is feeling comfortable in your company.
- If you need something from someone, then visualize them getting what they want by feeding him a good visualization. Then he will do anything for you.
- Having overcome your problem, you get stronger.
- The problem happens and it will be easy for you to find the right solution.

- **Simple Solutions to Complicated Problems**
- There are simple solutions to all complicated problems.
- The key to solving a problem is on the surface.
- The question is how to spot it.
- The pendulum that created the problem will get in the way of seeing the key to the problem.
- The goal of a destructive pendulum is to take energy from you.
- To do this it has to fix the frequency on your radiating thoughts about the problem.
- It can do this if you are convinced the problem is hard.
- Most people believe that fixing their thought frequency on the subject helps their concentration in solving the problem.
- The pendulum fixes our thoughts on a very narrow sector in the information field while the solution is outside that sector.

- A person's thought within the limits of the narrow corridor doesn't have the possibility of seeing the solution.
- Intuitive solutions appear when you free yourself from the pendulum and have the freedom to think of anything else.
- You can be a genius simply by being free from the influence of pendulums.
- The thought frequencies of geniuses work independently and enter many unexplored areas in the information field.

- **Act as an external observer.**
- Look at the situation as if it did not concern you at all.
- Pendulums want to take you and lead you into the maze so you cannot see any other way.
- There are very simple solutions to every single problem but you must be outside the pendulum to see them. Do not accept difficult as the interpretation imposed by pendulums.
- If you feel confusion, fear, resentment, despair then you are in the maze of a pendulum.
- Moved to an exact opposite area and you will be free of the pendulum.

- **The Wave Of Success**
- There are energy structures that don't need your energy.
- One of these is called the wave of success, what people call "coincidence".
- The wave of success is an accumulation of life tracks.
- Everything can be found in the space of variations including veins of gold.
- If you found the outer line of the gold vein, you could automatically glide onto other lines of accumulated fortune were good circumstances wait.
- The wave of success can be compared to an ocean wave that carries an exhausted swimmer to shore.

- The wave of success transfers you to happy life tracks.
- Like pendulums, the wave of success does not care about your fate but, unlike pendulums, it doesn't take your energy.
- If you want to get on the wave and swim with it, the wave of success won't care at if you get off and it won't feel sorry for you.
- The wave of success is a temporary structure that could appear as good news that carries information from other life tracks.
- Your job is to grab onto the fine thread and pull yourself up to the life track where the good news comes from. You do that by taking an interest in that good news.
- It may seem the wave of success comes and goes but the fact is this: the wave does not move at all.

- It doesn't gather energy and it doesn't get weaker.
- The wave of success is static in the space of variations and is an accumulation of favorable life tracks.
- You are the one moving from one life track to another and this vein appears as a wave because you grab it and let it into your life.
- It's all a matter of your choice.
- If you welcome the wave into your life, it will be with you.

- **The Boomerang**
- When your thoughts are not concentrating on anything in particular, that's a good time to have conscious control of your thoughts.
- At those moments, put positive thoughts in your head.
- Instead of thinking about what you were not able to get, think about what you want to get and you will get it.
- Imagine you are in a house you don't like and you're constantly complaining about it and talking about how everything will be better in the new house.

- Because you are in the life track of complaint, your new house will bring you many disappointments.
- Even if you are moving to a luxurious villa, because you are in the life track of negative criticism towards the little house you don't like, that track will follow you to the luxurious villa and curse you there.
- The unpleasant surprises waiting for you at the luxurious villa will surprise you.
- Faucets won't work, paint will peel, walls will cave in, neighbors will annoy you, in other words everything that has to happen in order to maintain the parameters of your negative radiation.
- The space of variations has many luxurious homes where you will feel like you are in hell.
- That's because you are not tuned to the frequency of life track where the house of your dreams is waiting for you.

- Because you are thinking about what you don't want, you are giving off negative energy and this energy fits perfectly with the life track you are in now.
- To change the life track you are on, accept your present situation as it is.
- Find something good in the situation and dwell on it.
- Even the smallest things can be a source of joy.
- You may not like the house you're in but you can start by having gratitude for it.
- Give recognition to the good things the house has done for you like shelter from the storm, keeping you warm and dry.
- Now you are giving positive energy out and you will switch your life track.
- Even things you throw away deserve your gratitude.
- You're transmitting positive vibrations to the surrounding world and these vibrations will come back to you.

- Now all the thoughts you have will be preoccupied with what you want to have because your thoughts will return to you like a boomerang.
- It works for weather. You're in a cold place and you're actively express your dissatisfaction with whether so you are accepting the pendulum and you are making it swing higher.
- Even though you long for the warm vacation you will be going to, you will find something there that you don't like also because you are in the negative life track.
- On the way to the warm vacation place, you will have problems like bad weather and missing planes and problems with tickets.
- You will always find yourself on the life tracks that match your energy radiation.

- **The Transmission**
- Pay attention to everything that is good and positive.
- When you find a good or pleasant thing, attach it to your thoughts and you'll feel happy.
- In a beautiful forest there are beautiful flowers and poisonous plants.
- Bring only positive things into your life and you will have good news and nice opportunities.
- When the holidays are over, the working days are approaching you want to keep your festive happy feeling.

- Remember the happy feelings so the pendulum cannot make you forget.
- Maintain the little flame of celebration and cherish the feeling.

- Every minute you spend with Transurfing you are consciously moving closer to your dream which means you're controlling your destiny.
- You always live on a holiday.
- Once living on a holiday is a habit you will always find yourself on top of the wave of success.
- The moment you hear the slightest bit of good news, recognize it and hold onto it because it is the forerunner of the wave of success.
- Savor the good news, talk about it and pursue it.
- Think over this good news from all possible angles and take joy in it. Build a hypothesis around it and expect new positive developments.

- This is how you will be on the frequency of the wave of success and tuning into its parameters.
- As a result there will be more good news and life will get better.
- This is not mysticism. This is reality. You are moving into the life track that corresponds to the parameters of your thoughts.
- Because you are on good terms with yourself and the world, you are transmitting harmonious vibrations to the surrounding world.
- You are creating around yourself, an area of harmonious vibrations where everything is turning out successfully.

- Remember this: whenever an unfortunate event happens, it is just a pendulum trying to hook you.
- That's when you must remember to make a conscious choice: leave the pendulum empty-handed and thereby gain your victory.
- Let it fall through or extinguish it.
- You are no longer a puppet of the pendulum.
- You are free to make a conscious decision.
- In the meantime, pendulums will try to get you in every possible way.
- These problems will mostly be of the petty kind.
- The next time you encounter the wave of success, a pendulum won't be able to carry you away from it.
- You will become a positive receiver and a positive transmitter as well.
- The world around you will then change quickly for the better.
- You will glide easily onto the successful life tracks.
- The wave of success will come to you, sweeping you along with it and bringing you directly to success.

- Small shop owners often perform a magic ritual. They touch their merchandise with money.
- This action itself has no power.
- The action itself is not doing the work but is merely a stage prop.
- The real power is actually happening because the small business owner's thought energy is doing the work.
- Every profession has some magic ritual for different situations.
- People believe in these rituals and use them successfully because they can tune into the frequency of successful life tracks and get on top of the wave of success.
- It is not important what people believe in, what is important is that they believe in something positive and this brings the wave to them.

State of balance-Excess Potentials.

- Differences in temperature are compensated for by an exchange of heat.
- Everywhere there could be an excess potential of any energy, balancing forces appear and eliminate the imbalance.
- Why does the law of balance work? There is no answer.
- Laws do not explain anything, they only state the obvious.
- Every law of nature is secondary to the law of balance.
- Balance is the primary law.
- It is impossible to explain where balancing forces come from or why they exist at all.
- We have always believed that good follows bad. We believe that success is followed by failure and then failure follows success.
- These are all manifestations of the law balance.
- That's because failure and success upset the balance.
- Absolute balance is when there would be absolutely nothing going on. But there are no absolutes.

- No one has been able to observe the absolute state of balance.
- The world is full of constant fluctuations: day/night, high tide/low tide, birth/death. At the atomic level, elementary particles are constantly dying and being reborn.
- The entire world can be viewed as a collection of pendulums were some swing higher and others are dampened but all are interacting.
- Each pendulum receives impulses from its neighbors and gives them in return.
- The law that is fundamental in controlling the entire complex system is the law of balance.
- You yourself are a pendulum.

- If you decide one day to upset the balance and make a sudden swing in one direction, you will affect your neighbors pendulums and create annoyance. They will turn against you.
- Balance can be upset by actions and thoughts.
- That's because thoughts radiate energy and these thoughts precede action.
- Everything that happens on the invisible energy level creates the world of visible material objects.
- It might seem that energy from thoughts would be too weak to have any effect on the world.
- Here is a simple balance model : if an excess energy potential appears, balancing forces arise to eliminate this potential.
- Thought energy gives rise to excess potential when some object is given too much significance.
- When you have fear and tension, you create an irregularity in the energy field.

- Balancing forces appear immediately to eliminate this excess potential.
- On the energy level, all objects in the material world have the same significance.
- We are the only ones that give material objects specific qualities such as good, bad, happy, sad, attractive, repulsive, good, evil.
- Everything in this world is subject to our evaluation, our meaning.
- But evaluation alone does not create irregularity in the energy field.
- Sitting in an armchair does not create an irregularity in the energy field.
- You evaluate your situation as comfortable and therefore the balance is not upset.

Excess Potential

- An excess potential only arises if I'm giving great significance to my evaluations, my meanings.
- The magnitude of excess potential grows if your meaning has great significance and is distorting reality.
- If a subject has great meaning to you, you will be unable to evaluate its quality objectively.
- The object of worship is overwhelmingly full of virtues but the object of faith is full of flaws.
- Thought energy is artificially trying to create a certain quality that was never there in the first place.

- When this happens, excess potential is created and stirs up balancing forces.
- A meaning can be distorted in two ways, A) giving the object excessively negative characteristics, B) giving the object excessively positive characteristics.
- If you make a mistake in your evaluation that plays no role at all.
- An incorrect evaluation will create an excess potential only if your evaluation is of great importance to you. That is what provides your evaluation with energy. You care a lot about it.
- The actions of balancing forces in their effort to eliminate excess potential gives rise to most problems.

- Why do things we wish for slip away?
- Let's say you are determined to give yourself wholeheartedly to your job.
- You want to achieve outstanding results.
- From the perspective of balancing forces, getting totally committed to your work puts that work on a scale and weighs it against everything else.
- The balance is now disturbed and you won't have to wait long for consequences.
- The result will be the direct opposite of what you wanted.
- In the law of balancing forces, excessive effort will definitely have a negative result.
- Besides work, you have many other things that you value and care about.
- Your house, your family, your entertainment, your spare time etc.
- Everything in nature strives towards balance.
- Regardless of your will, forces will appear and remove excess potential.
- You will have virtually no problems, if your evaluation of anything is to lower its importance to you.

- In other words, you cannot live in extremes without paying a penalty.
- You cannot work too much, you cannot relax too much.
- If you do, balancing forces will detect excess potential and you will have problems.
- You will be very productive and efficient with work when you eliminate your excess potential and free yourself from pendulums.
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- **Satisfaction and Judgment**
- You could be dissatisfied with your level of achievement.
- You could be dissatisfied with your flaws or weaknesses.

- If your flaws really bother you and become something you care a lot about, to the point of worrying, excess potential will be created.
- The balancing forces will quickly go to work eliminating this potential.
- Example: a man tries to hide his shyness and becomes even shyer or else he goes the opposite way and becomes inappropriately friendly with strangers.

- Let's say you resent yourself or your flaws and are mad at your flaws. You'll start punishing yourself by pushing in the opposite direction to be successful, then a dangerous situation takes place where your intuition and your thoughts are in conflict.
- You never want to be in conflict with yourself. That's a very bad thing to do.
- The answer here is to forgive yourself and let those flaws and weaknesses go.
- Accept who you are so you no longer fight with yourself.
- When you do this, your subconscious will become your friend and ally.

- Your subconscious mind, your intuition, is a very powerful ally.
- Once you turn away from the pendulum of judging yourself, the released energy will be directed at developing your virtues.
- When you get rid of the pendulum of self-conflict, your energy is redirected away from struggle with flaws to the development of virtues.
- In addition to that, the parameters of this vibration radiation would match up with the life tracks where virtue triumphs over flaws.

- For example, you cannot move to the life track where you are in good physical shape if all your thoughts focus on your physical flaws.
- Dissatisfaction is a frequency that matches with life tracks that focus on what you don't want.
- Once in that life track you become even more dissatisfied with virtually everything until you reach the life track where you are old, sick, and incapable of changing anything.
- Every generation is convinced that life is worse now than it used to be.
- Not true! Life is worse only for those in a given generation who wallow in dissatisfaction.
- If their beliefs were true, after a number of generations, humanity would've rolled down into a living hell.
- It would seem that if you are happy with the world around you, then the balancing forces would do whatever it takes to ruin your party and push you back where you came from.
- However it does not happen unless your joy turns to wide-eyed enthusiasm.

- The habit of constantly experiencing little joys for the most varied and insignificant reason is a very good habit that will get what you want.
- Start by being convinced that any misfortune is a blessing in disguise.
- Make it your goal to find something good in things that appear negative at first.
- Find joy and gratitude in the smallest things, you will generate positive energy which will carry you to positive life tracks like the flow of a powerful stream.
- Act as if you live in an art gallery. When you find an exhibit not to your liking, leave that area and find something that you do like.

- But what if there is nowhere else to go?
- It was a pendulum that made you believe that there was nowhere else to go.

- This is a false limitation created by pendulums.
- **Dependent Relationships**
- Idealizing the world is the opposite side of dissatisfaction.
- It's making things seem far better than they really are.
- When you believe there is something somewhere else when there really isn't, excess potential is created.
- To idealize means to overrate, to put on a pedestal, to worship, to create an idol.
- Love is a feeling that has no need to possess so it is admiration without the need to worship.
- It does not create a dependent relationship between the one who loves and the object of affection.

- This little formula will help you decide where feeling ends and idealizing begins.
- Remember this: love generates positive energy that carries you to a corresponding life track, but idealizing creates excess potential awakening the balancing forces that will strive to eliminate this excess potential.
- The action of balancing forces is different every time but the result is the same.
- It just removes your idealizing energies halo.
- Thus balance is restored.

- If love turns into a dependent relationship, then excess potential will be created.
- The desire to have what others cannot, creates a change of energy pressure.
- Dependent relationships are easily identified by conditions such as "if you do this then I will do that".
- "If you love me, then you'll abandon everything and do what I say."
- Balance is also disturbed when you compare one thing to another. "We are in this way, and they are in that way!".
- All conflicts are based on comparisons.
- "They have more than us so we need to take it away from them."
- "They have less than us so we must give it to them."
- "They act different than we do so we need to do something about it."
- These comparisons will lead to conflict starting with emotional discomfort and ending with wars.
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- **Idealizing and Overestimation**
- Overestimation is giving great qualities to someone who does not have them.
- On the energy level, this creates excess potential.
- Overestimation creates qualities that are not there.
- The balancing forces will step in and produce a counter weight.
- Example: a dreamy girl imagines that the man she loves is a knight in shining armor but he's really a self-centered party animal.
- Idealizing creates the dreamer with his head in the clouds trying to escape unattractive reality.
- By doing this he creates excess potential and the balancing forces move in to destroy his castles in the sky.

- Even if he could create a mass of people with his ideas and create a pendulum, his utopia is doomed because excess potential has been created.
- Example: a wife imagines her husband being her ideal. The more convinced she is that he must act in a certain way in order to be that ideal, the greater the excess potential will be created.
- Only a man with the opposite qualities of the perfect husband will be able to destroy this excess potential.
- You get what you cannot stand.
- This is because you are radiating thought energy on the frequency of the disliked object and creating excess potential.
- That's why people attract their opposite.
- Balancing forces must extinguish excess potential and does this by making the opposites of excess potential attract.

- Balancing forces are easy to see in children because children are more sensitive to any changes on the energy level.
- If a child is given too much praise, he starts acting badly out of spite.
- If you show yourself to be less than him, he will start to despise you and never respect you.
- If you use all of your strength of will in an attempt to raise your child to be a well behaved obedient boy, that he will end up hanging out with a troubled street gang.
- If you are determined to turn him into a genius, he will lose all interest in school and study.
- The more you drag your child to all kinds of activities the more likely he will grow up a dull person.
- The way to raise a child without creating excess potential is to treat that child like a guest.
- That means you will be attentive to your child, show respect, and gives some freedom of choice but you will not allow the child to walk over you.
- Just as you are a guest in the world, you should treat your child as a guest.
- That way you will not run from one extreme to another trying to make something happen.
- The stronger the desire to possess someone you love or for your feelings to be returned, the stronger will be the actions of the balancing forces.
- To keep the balancing forces at bay, start loving without demanding a reward in return.
- If you want your loving feelings to be returned, then love and not try to get anything back.

- Then no excess potential will be created which means you won't have to worry about rejection.
- Then your thought radiation will not drag you to problem filled life tracks. If you love without the need for possession, then the parameters of your radiation will fit the life tracks where reciprocity exists.
- Let's look at how the balancing forces act with jealousy.
- If the person you love already belongs to you, then the next extreme is to bring that person even closer.
- Balancing forces give rise to jealousy, which previously was love.
- The stronger the jealousy, the harder and more painfully will your love attempt be rejected.

- **Contempt and Vanity**
- Judging people upsets the balance.
- On the plane of energy there are no good or bad people.
- There are only those who obey laws and those who break the laws.

- When you accuse someone of doing something bad, you do it to feel better about yourself.
- If he is a devil then you can be an angel.
- In that condition, the balancing forces will return to restore balance.
- Never despise anyone no matter what they do.
- If you hate the poor, you could become poor because the balancing forces will come to restore what you have knocked out of balance.
- Do you despise people with disabilities? Then the balancing forces can arrange an accident for you.

- Do you despise alcoholics and drug addicts? You could end up in this place if the balancing forces come to bring equilibrium.
- Why should anyone's hopelessly bad circumstances avoid you? Are you that special?
- When you resent people, you are broadcasting negative energy.
- You can love yourself a lot and that does not disturb the balance, but the balance will be disturbed when at the same time you despise other people who you believe are less than you.
- Animals do not have this problem. A wolf does not hate his prey.
- That's like feeling hatred towards a hamburger.

- **Superiority and Inferiority**
- When you compare yourself with other people as lower or higher, excess potential is now created.
- When you compare yourself to the surrounding world, you are trying to prove your importance.
- The majority of troubles are brought into existence by the actions of balancing forces which are working to eliminate excess potential that you or the people around you have created.
- You don't understand that your problems are just the work of balancing forces.
- You can free yourself from your problems if you free yourself from the immense energy you use to create excess potentials.

- Free yourself from thinking of your own importance.
- Then you will free yourself from balancing forces.
- Get rid of all thoughts about being able to control and manipulate the world.
- Any attempt to change the surrounding world will disturb the balance.
- Transurfing allows you to choose your destiny without stepping on the toes of other people.
- This is a far better way than believing that you must overcome obstacles in your path.
- There is no place for battles in Transurfing. So with a sigh of relief, you can finally bury the hatchet of war. Be against nothing and be against no one.
- If you follow the principles of Transurfing, inferiority will disappear from your life.

- **The Desire to Have and Not to Have**
- If you desire to have a lot, you'll end up with a little.
- The more intensely you desire, the less you will get.
- When you want something so much that you will risk everything to get it, you are creating a huge excess potential which upsets the balance so balancing forces will throw you on a life track that will create the very thing you don't want.
- Strong desire and strong determination will create excess potential and immediately call out the balancing forces.

- Attaching great significance to the desired object will automatically create a dependent relationship and give rise to strong excess potential.
- That strong excess potential, as you already know, will automatically summon balancing forces just as strong to extinguish it.
- Examples: "if I achieve this, my situation will improve dramatically."
- "If I don't achieve this, my life will lose all meaning."
- "If I do this, I'll show everyone what I'm worth."
- "If I don't do this, I'm worthless."
- "If I could get this, then it would be great for me."
- "If I don't get what I want, that it will be very bad from now on."
- Once you become dependent on the object of your desire, you will be drawn into a violent whirlpool of excess potential.
- Balancing forces are completely indifferent to your suffering.
- You get what you desire only when desire is turned into pure intention which is free from excess potential.

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Intention

- Everything is free in the space of variations.
- To transfer to a life track where the desired object is turned into reality, all you need is the energy of pure intention.
- Pure intention is joining desire and action into one, without any excess importance.
- Example: the intention to go to the local newspaper stand for a magazine. This is pure intention.
- But the more you value a certain event, the more likely things will go wrong.
- If you attribute great importance to that magazine and cherish it dearly, worry about if it will be there, then balancing forces will take it away.
- It is very important that you lower the bar of significance, lower the bar of importance, lower the bar of care.
- You just bought a brand-new car. You fuss over it, remove specks of dust, and become terrified of a little scratch. You worship your car. Excess potential has now been created.
- You were the one who gave the car great importance.

- Very soon, balancing forces will soon smash up your car.
- Once you start to treat your ordinary car like an ordinary car, the risk of something bad happening to it goes to zero.
- Treating something like an ordinary object does not mean you neglect it.
- If you don't believe you can fulfill your desire, and try very hard to convince yourself you should have that desire, then you force excess potential even higher.
- The key is to go toward your aim in the same way you go for a magazine or newspaper at the magazine stand.

- **Feeling Guilty**
- Feeling guilty is excess potential.
- Good and bad do not exist in nature.
- To the balancing forces, good and bad deeds are equal to each other.
- The balance will be restored in every case whenever excess potential is created.

- When you feel guilty, excess potential is created.
- When you've done something good, you feel proud and an excess potential is created.
- The balancing forces do not know why you have to be punished or rewarded, they only eliminate the produced irregularities in the energy field.

- When you're proud of yourself after doing something good, it will lead to punishment because the balancing forces have to eliminate the excess potential pride and the reward from your pride will only reinforce it.
- Decent people who experience guilty feelings every day are the ones who constantly face misfortunes.
- Feeling guilty will always produce a punishment script and does so without your knowledge.
- By following this script, balancing forces will make you pay.
- There is nothing useful about this.

- Your life does not get better when you are tortured by a guilty conscience.
- The 10 commandments are not morals. Their recommendations about how to act are attempting to ensure that you do not disrupt the balance.
- When you disturb the balance, you create your problems.
- The commandments are warning you about this.
- Once a person gives out the energy of guilt, manipulators immediately are attracted to this person and begin sucking their energy.
- To avoid manipulators, just refuse guilt.
- There is no need for you to justify yourself to anyone.
- People who feel guilty always subject their own will on people who don't feel guilty.
- If I am ready to feel guilty about anything, then I'm ready to endure punishment.
- If I need to assert myself at the expense of other people, I'm also ready to be a manipulator.
- You can dissolve the excess potential of guilt by asking for forgiveness.
- By asking for forgiveness, you allow the guilt energy to dissipate.
- This is true for forgiveness, admitting your mistakes, confession; all these methods get rid of guilt.

- Once you admit your own failure, you now throw off the pressure of excess potential.
- But manipulators try to remind you of your mistakes.
- They try to make you feel guilt again.
- You should ask for forgiveness but you only need to do it once and never more.
- In Transurfing, there is no need to struggle or force yourself to do something.
- The way of Transurfing is to simply choose.
- You don't have to squeeze or push or urge.

- If you are secure and no longer need to justify yourself, you will no longer fear being punished. A remarkable thing will now happen: no one will ever again dare offend you.
- No matter where you go you will never end up in the situation where someone threatens you.
- Others will be threatened with violence but you will not.
- That's because you have removed guilt from you and now live on life tracks, scripts that are all about your freedom. That's the way it will be. Violence simply doesn't exist there.

- **Money**
- If you love money, you'll try to possess it.
- It's a human mistake to be moaning about how you never have enough money.
- The parameters of thought radiation correspond to financially poor life tracks.
- By fearing the loss of money or being afraid of not having enough, you will be transferred to a track where there'll be less and less money for you.
- What causes excess potential with money is the extreme desire to have it or be dependent on it.
- First, accept what you have and be satisfied with it. Have gratitude for the money you have.
- Accept the fact that money is not flowing to you like a river for the moment.
- When you do not know what you want from life, you can easily join the useless race to get money.

- It is very profitable for pendulums to get people chasing money, but a man dependent on money and pendulums will lose his way.
- Pendulums have created a myth that wealth is for a privileged few.
- That is not true because any person could be rich as long as he is pursuing his own goal.
- Money is not the goal.
- Money is not even the means for reaching a goal.
- It is only an attribute that goes along with the goal.
- The goal is what you want out of your life.
- These are goals: own your own home, grow roses, see faraway places, catch trout in Alaska, ski in the Alps, own an island in the ocean, become an artist.
- It seems that only certain goals can be achieved if you have money so people make the mistake of chasing the money.

- They think about money and leave the goal in the background.
- According to Transurfing, they are trying to get to a life track where the money awaits them.
- But when you work for someone else's pendulum, it's hard to get money.
- That's because your thought energy is now directed at an artificial replacement for your goal instead of your true goal.
- If you have been stuck with the belief that your goal can only be achieved if you are rich, then send that requirement back to hell.

- Let's say you want to travel around the world which takes money.
- To get what you want, think about the goal not about the money.
- Money comes by itself because it is a complementary attribute.
- Pendulums pursuing their own benefit turn everything upside down.
- A highly influential pendulum in your life can create a large group of deceiving facts and myths that you believe.
- The only people to become millionaires are people who did not have wealth on their mind, just their goal.

- But most people either serve somebody else's goal or they replaced their goal with a longing for money simply because they do not have it.
- The reality is this: there are no limitations to wealth.

- No matter what you want, if it belongs to you then you will get it.
- But if the goal has been imposed on you by a pendulum, you will get nothing.
- Money is nothing but an attribute on the way to your goal.
- Do not worry about money.
- It will come automatically.

- The main thing now is lower your importance to money so there is no excess potential created.
- Do not think about money, think only about what you want to get.
- Treat money carefully.
- If you treat money's attributes carelessly, you'll end up in a pendulum.
- You don't have to worry when you are spending money.
- The money is fulfilling its mission when you buy something.
- If you decide to buy something and spend money, don't regret it.
- If you strive to save up a lot of money and spend as little as possible, it will just produce a strong potential.

- If your money is accumulating in one place and doesn't go anywhere, it is likely you will lose everything.
- Spend Money sensibly so there is movement in the energy field.
- It is no coincidence that wealthy people are involved in the work of charitable organizations.
- That is how they reduce excess potential from their accumulated wealth.

- **Perfection**
- The more you chase perfection, the more you create excess potential.
- There's nothing wrong with doing your best in everything.
- There is a lot wrong with making it overly important because if you do, the balancing forces will be right there.
- They will ruin your perfection and you will not get what you want.
- A perfectionist is demanding of himself and also other people.
- You can see it in his intolerance for the habits and taste of others.
- The need to be right about everything is a great need in the life of a perfectionist.
- The perfectionist is dangerously close to appearing to be a judge of others.
- A perfectionist has the righteous desire to set everybody else on the right path.

- **Importance – the most common excess potential of all**
- Excess potential is created when excessive importance is given to something.
- Making something very important represents an excess potential in its purest form.
- The balancing forces eliminate this potential by creating problems for the person who created this excess potential.
- There is inner importance and outer importance.
- Inner importance is when you overestimate your value.
- This is simply puffing yourself up.
- Outer importance is someone giving great importance to an object or event or person in the world.

- Here's the simple idea: excess potential is created only when you give excess importance to any quality, object or event inside or out.
- To be in harmony with the world and get rid of pendulums it is necessary to reduce excessive importance.
- Be careful how much importance you give to yourself or the world around you.
- Once you reduce importance, you'll enter a state of balance and pendulums will not bother or control you.
- Feelings and emotions are nothing but consequences. They are caused by just one thing: importance.

- Even when you are helping other people, you need to monitor the importance you give things.
- In the world of plants and animals, there is no such thing as importance.
- There is only expediency from the point of view of balancing forces.
- Pets are the only ones who could experience a sense of their own importance.
- Wild animals are guided by their instincts in everything they do.
- Importance is a human invention and is a great pleasure to pendulums.
- Balancing forces will make changes in your life if you are really attached to your ideas of how things should be.
- There is no freedom in pendulums constantly trying to establish control over you and press their goals on you.
- None of us is of importance in this world, yet at the same time, we have access to all the riches of the world.
- Imagine children playing on the beach with no awareness that the water, sand, other children or they are either good or bad.
- As long as things stay this way the children are happy and in harmony with nature.
- If any child does not disturb the balance, he can have the best there is.
- Assume a child starts making something very important, and problems will appear immediately.
- No person or child can see the link between his own importance and his problems.
- This makes it seem that the world is a hostile environment and it's not easy to get what you want.
- Here's the fact: artificially created importance is the single obstacle in the path of fulfillment of your desires.
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- **From Problems to Balance**
- Our entire life is a struggle with balancing forces.
- The only remedy against the balancing forces is to eliminate the reason for their existence.
- That means you must reduce excess potential by eliminating importance.
- Reducing importance has nothing to do with neglecting things.
- The key is to accept the world the way it is.
- Reducing importance has nothing to do with self-humiliation.
- Once again, accept yourself as you are.
- You are neither important nor are you worthless.

- The only thing that does not create any excess potential is a sense of humor.

- That's being able to laugh at yourself and others without offending anyone.
- Before you can start solving any problem, you must reduce its importance.
- Then balancing forces will not bother you and the problem can be solved quick and easy.
- First remember this: the problem is present as a result of excessive importance.
- Explain this to yourself each time. Every problem is created because of excessive importance.
- Change your attitude towards the problem.
- That's easy to do.

- You already know that excessive importance is the only thing in your way.
- If you have an upcoming event that you care about, don't blow it up any further.
- Here is the recipe for success: be spontaneous, improvise and have a light attitude about it.
- Never prepare seriously and carefully because this boosts importance.
- Importance will evaporate with action so don't think, act. If you can't act, then don't think.
- Direct your attention to something else and let go of the situation.
- You'll be successful in everything you do when you take your attention off yourself as the person executing the action and off the end goal. Move the focus to the process of performing the action.
- The action is completed without any zeal or extreme importance.
- The perfect solution always comes to you as soon as you reduce excessive importance and free yourself from the influence of destructive pendulums.
- Let the pendulum fall through or be the person who extinguishes it.
- Your goal is to keep the arrow of importance from going off the scale either way.

- **The Flow Of Variations**
- Our conscious does not know how to get information from the space of variations.
- But the subconscious has free access to the information field.
- This is where premonitions, intuition, predictions and discoveries come from.
- Information enters the conscious from the outside and into your subconscious, your intuitive level.
- It is objective information that is free from any interpretations.
- When truth passes through the mind it turns into an interpretation, into a meaning.
- Since every person understands the same things differently, knowledge is nothing more than distorted forms of truth.
- Data in the information field takes the form of complex energy structures.
- The structures contain everything that makes matter move according to certain laws.
- First the data from the information field is received by the subconscious, then conscious mind translates it into verbal and symbolic descriptions.
- The conscious mind can make a new house with old bricks but to come up with something entirely new, it requires intuition.

- Scientific discoveries come from inspiration. Great inventions come out of nowhere.
- Great music is not a collection of notes but comes to the composer as a completed song.
- The mind is able to create a perfect copy of an old masterpiece but is not capable of creating a new masterpiece.

- The conscious mind receives unconscious data from the field of information, where it must then transform this data into symbolic interpretations in the form of words and images.
- We don't understand clairvoyance so we call it paranormal.
- The fact that we cannot explain something does not mean it's not true.

- There are people who see events in the information field as clearly as if it were happening before their eyes in the real world.
- These people have the ability to tune themselves to a specific sector in the space of variations.
- To tune themselves into the sector of a missing person, clairvoyants look at a photograph or touch something the missing person owns.
- The police use the services of clairvoyants.
- Not every clairvoyant sees clearly so mistakes are made.
- The reason for these mistakes is that clairvoyants can be tuned to a sector that will not be realized.

- Depending on the relative distances from each other, different sectors can differ greatly or barely in scripts and decorations.
- Remember that Transurfing is a model that allows us to apply the laws of the world to make our own free choices.
- It is not the description of the world's structure.
- The fact remains that the information from the space of variations reaches us in the form of hints, visions, enlightenment, and we try to grasp their meaning.

- **Knowledge out of Nowhere**
- Only a small number of people can clearly read data from the field of information.
- The majority of what seems like echoes of data comes in the form of premonitions and vague knowledge.
- When the search for a solution doesn't get results in the realized sectors, the subconscious somehow gets into an unrealized sector.
- That's why consciousness perceives it as vague and unclear information.
- If your brain is able to grasp the essence of this information, you are enlightened and obtain a clear understanding.

Mind/Soul

- Everything related to the conscious is the mind and everything related to the subconscious is the soul.
- If our minds understood everything our soul knows, we would have received access to the field of information a long time ago.
- The mind does not know how to listen and it doesn't want to.
- A person's attention is constantly preoccupied with the external world of thoughts and emotional feelings.
- The mind thinks with the help of well-established labels; words, concepts, diagrams, rule and so on, it will be able to place information in labeled files.
- There are labels for everything that exists in the world.
- Sky is blue, water is wet, birds fly, tigers are dangerous, and winter is cold.

- If information from unrealized sectors doesn't have mental labels, the mind perceives it as some kind of unknowable knowledge.
- If a new label can be put on a piece of knowledge, it can be explained in the framework of old explanations and then a discovery is made.
- After the mind hears music, and objects associated with music are demonstrated to it, (musicians, instruments, notes, songs)... the mind can process music.
- But when the mind heard music for the first time, it was totally real and actual knowledge and yet at the same time, it was completely incomprehensible and a mystery.
- The mind knew it was experiencing something in existence, but the mind could not identify what it was experiencing.

- Try to explain this to a small child: milk is white.
- The child is just starting to use abstract categories. He'll asked many questions.
- He knows what milk is but what is white? It is a color. And what is a color? It's a property of objects. And what's a property? And what's an object? And so on forever.
- It would be easier not to explain what color is but to show objects of different colors.
- Then the child's mind would be able to label where the various objects differ using abstract categories of color.
- This is how the child puts labels and definitions on everything around him.
- It is how he thinks using these definitions.
- In contrast to all that mind stuff, the soul doesn't use labels.
- How can the soul explain to the mind that milk is white?
- The soul doesn't use categories so it doesn't think and it doesn't talk but it does feel and it does know.
- It cannot express what it knows with words or symbols.
- Therefore the mind rarely agrees with the soul.
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Rustle Of Morning Stars

- But say the soul is tuned into an unrealized sector and has found something that does not exist in the material world.
- How can the soul bring this information to the mind?
- The mind is constantly busy with chatter.
- It thinks everything can intelligently be explained.
- The mind is receiving signals from the soul that it cannot always identify with categories.
- The soul's feelings and knowledge are drowned out by the loud parts of the mind.
- When the mind's control weakens a little, then intuitive feelings and knowledge can break through into consciousness.
- This breakthrough can appear in the form of premonitions called your inner voice.
- The mind has been distracted and in this moment you sensed a feeling or some knowledge of the soul.

- This is called "a rustling of the morning stars".
- It is the voice without words, thoughtfulness without thoughts, and sound without volume.

- You understand something but only vaguely.
- You are not thinking but you feel it intuitively.
- Everyone has experienced intuition at some point in their life.
- You feel that somebody is coming right now or something is about to happen or you just know something without being able to explain it.
- The soul can find the answer to many questions if we would listen.
- Teaching the soul to tune itself into unrealized sectors and making the mind listen to what the soul wants to tell is difficult enough so let's start out small.

- The soul has distinct feelings. A sense of inner peace and a sense of inner discomfort.
- The mind has interpretations for those feelings: I feel good or I feel bad. I'm confident or I'm worried.
- Depending on our thoughts and actions, particular sectors are being realized. The soul has access to the field of information.
- Your soul sees what lies ahead as approaching sectors that have not been realized.
- If the soul locks into a sector that has not become reality, it would know what is waiting there ahead of time.
- These feelings of the soul are perceived by the mind as vague sensations of inner peace or inner discomfort.
- The soul often knows what is coming. It tries with a weak voice to notify the mind about this.
- The mind doesn't know to attach significance to these gut feelings.
- The mind is trapped by pendulums.
- It's a well-known fact that sensible reasoning does not guarantee the right solution.
- The soul does not think, instead it feels and knows.
- It doesn't make mistakes.

- It's not hard to learn to determine what your soul is telling your mind about a decision.
- Pay attention to the state your soul is in.
- In order to hear the rustling of morning stars you have to remember that you need to pay attention to your soul's condition.
- The problem is paying attention to your own feelings.
- We tend to trust reasonable arguments instead of our sense from the soul.
- Reasoning gets in the way of listening to the soul.
- Order your thoughts to be quiet. Ask "Do I feel good or bad?" Pick a different solution and asked again; "Do I feel good or bad?"

- If you don't have a clear feeling, it means your mind is still a bad listener.
- If you get an explicit answer "Yes, this is good for me." Or "No, this is bad for me." It means you are now listening to the rustling of the morning stars.
- You know the answer. At least you will know what you can expect in the unrealized sector.
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- **The Asker, the Offender, and the Warrior**
- Look at two extremes: going with the flow like a paper boat with no will of your own (The Asker), or stubbornly insisting on your own way (The Warrior).
- These are both pendulums.

- The Asker has given away his responsibility by saying that everything is now in God's hands.
- To a great higher power, there is no difference between getting a morning paper or grand Palace because anything is possible for a great higher power.
- If you don't get what you ask for from a greater higher power, then you believe it's because you didn't ask nice enough or you didn't deserve it or that power does not want you to have what you asked for.

- This brings us back to creating importance.
- When you pray to God and ask for everything that only God can give you, then you believe that one person's well-being is all God cares about.
- God has already given you too much freedom of choice but due to your infantile nature, you will not accept this gift and you end up constantly dissatisfied.
- It's balancing forces and pendulums that are in your way all the time.
- You are making your own excess potential of importance.
- The second path is the role of the offended.
- That's expressing dissatisfaction and demanding something be made right.
- The offended person demands that the world get in a right path and fix the problem that this offended person sees.
- Transurfing suggests an entirely new path: don't ask (The Asker) and don't demand (The Warrior) but simply take what it is you want.
- So what must happen before we can take whatever we want? As of now, The Asker, The Offended and The Warrior do not suit us.

- **Going with the Flow To Make Decisions**
- Unwillingly, the asker and the offended go with the flow of life. It's the warrior that fights the flow.
- The mind thinks it's reasoning sensibly but it's really just giving itself over to pendulums.
- Imagine that you are not resisting the flow.
- You are not causing turbulence.
- But you are also not going with the flow with no will, like a floating paper boat.
- You are intentionally moving in agreement with the flow.
- You note the shoals, barriers, dangerous areas and only by using smooth movements are you keeping your chosen direction.

- That's because you are the one standing at the steering wheel.
- The information that lies in the space of variations is stationary.
- At the same time the information structure is organized into chains of cause and effect.
- These give birth to the flow of variations, or the movement of variations.
- You cannot oppose the current because it is a massive and harmful waste of energy.
- To avoid unpleasantness you must correct your movements with calm even strokes.
- You must correctly choose the direction of this flow.
- The direction is determined by your chosen goal and the means for its attainment.
- After the direction is chosen you must rely on the flow as much as possible and not create sudden or urgent movements.

- The fact that the flow of variations exist is a luxurious gift for the mind which it hardly ever uses.

- The flow of variations already contains the solutions to every problem.
 - The majority of all problems are artificially created by the mind anyway.
 - The majority of problems especially small ones solve themselves if we don't disturb the flow of variations.
 - If we don't interfere with the flow variations, the solution will come by itself and it will be the best solution.
 - The perfect solution already lies in the structure of the information field.
 - The cause-and-effect chains create separate streams in the flow variations.
 - These streams appear to be the most optimal ways in which causes can move.
 - Everything exists in the space of variations but only the least energy consuming variations are likely to be realized.
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- This universe does not waste energy.
 - All processes strive to use the least amount of energy.
 - You can test how real these streams are by applying some of the principles described in this chapter.
 - Any problem contains coded keys to its solution.
 - The first key is to move along the path of least resistance.
 - The answer is so simple: in line with the principle of going with the flow, you must do everything in the easiest way possible.
 - The optimum variations for any action are organized in streams.
 - These are chains of cause and effect links from these streams.
 - When you must make a decision to take the next step, you are choosing the next link in the chain.
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- You need to decide which link belongs to the stream.
 - Don't make your decision based on logic.
 - The mind can't choose the optimum variation because the cause-and-effect chains don't match with the mind's logical constructions.
 - Take the balanced position. Do not create excess potential.
 - In order to not create excess potential, constantly monitor your level of importance.
 - When you are in the state of balance with the surrounding world, you can go with the flow.
 - You'll see many signs to guide you.
 - Don't become the participant but instead be the observing bystander.
 - Not the slave, not the master, just someone who performs actions as an observer.
 - As you go along with the flow, everything is a lot easier than it seems.
 - Yield to the simplicity and remember that the mind might take you to an occasional waterfall, but it is the flow of variations that will keep you in the stream.
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- Simple problem: you need to find something in a shop. You don't know where that thing is. Your mind chooses the reasonable thing and the complicated option.
 - You have gone halfway around the city but you end up finding the item in a shop close to home.
 - If the importance of the problem had been lower, then the mind would not have looked for a complicated solution.
 - Another example: a big to-do list is in your hands. What should you do first? Don't think about it.
 - Do the things you feel like doing. Move with the flow.

- Untie your mind from the pendulums.
- Each time you need to find a solution, ask yourself what is the simplest way of looking for a solution?

- Choose the simplest method.
- When someone tries to distract you, don't rush to resist or to avoid.
- Just watch what happens and let it happen.
- Every time you have to do something, ask yourself "What is the simplest way to look at this?"
- Allow things to happen in the simplest way.
- When someone gives you their point of view, don't be in a rush to reject or have an argument or give your opinion.
- First observe and then act.

- **Guiding Signs**
- How do you tell the difference between a shoal or waterfall from a normal turn in the flow?
- Guiding signs are signs that indicate a possible turn in flow variations.
- Guiding signs serve as an alert to an event that will bring substantial changes to the flow of your life.
- If you expect a turn in the flow, you will get a signal it's coming.
- A stream in the flow of variations can intersect various life tracks. These differ in their parameters.
- You would then feel that something that is different. And this difference you will notice consciously or subconsciously as something is not quite the same as it was a minute ago.
- Guiding signs appear only in cases when a transfer to another life track is initiated.
- A sign is seeing something happen in the world that added to your feeling... something unusual or odd about the whole episode. This could be a sign.
- A sign signals the ongoing transition to a substantially different life track is going on.
- You know you are transitioning onto a new life track when you have a feeling that something is not quite as it usually is.

- When the transfer is complete you will feel it through your intuition.
- Signs act like pointers and say a change in something has happened.
- Any interpretation of the sign should be brought down to one question: "Is the meaning is either positive or negative?"
- The sign carries a hint about the quality of the upcoming turn.
- If the signs associated with an unpleasant sensation gives you a sense of misgivings, distrust, then make sure you do not let caution turn into anxiety and suspicion. Care about things but do not worry about them.
- The clearest and most precise guiding signs are phrases spontaneously uttered by other people.
- Something mentioned in passing without much thought to it.
- Someone spontaneously mentions something to you that you could do in a specific situation, then take it very seriously.

- Spontaneous phrases are those which people say without really thinking about it.
- When your mind sleeps the soul speaks. And the soul is directly connected to the information field.

- Inner discomfort is a very clear sign and you must pay attention to it.
- If you have to make a decision, stop and listen to the rustling of the morning stars.
- If your mind made the decision and you later remember the rustling a little too late, recall what you were feeling when you made the decision. The feelings are simple as I feel good or I don't feel good.

- If you clearly didn't feel good about it then alter the decision.
- Your mind realizes the soul is saying "No" but pretends it didn't hear the soul's whispers. The mind puts forward a persuasive argument to support a "Yes" based on sensible reasoning.
- You will see all of life happens exactly this way.
- Here's a simple formula to determine when your soul is saying no: if you have to convince yourself into saying yes, it means your soul is saying no. Remember when your soul is saying yes you don't have to talk yourself into anything.
- It is your best policy to refuse desires and actions that evoke discomfort, doubt and apprehension.

- This will simplify your life and free you from a lot of problems.
- The only real sign you should pay attention to is your state of inner discomfort.
- Every time you're about to make a decision it's really worth listening to the rustling of morning stars (your soul).

- **Letting Go of the Situation**
- Streams in the flow variations will relieve the mind of overwhelming burdens.
- The burdens are lifted if the mind is willing to let them go.
- The mind makes one mistake: it follows the set of rules for common sense too strictly.
- An obsession with commonsense prevents the mind from seeing things that don't agree with rules.

- Our mind cannot explain everything and it cannot protect us from trouble in all cases.
- The easy way out of this situation is to rely on the streams in the flow variations.
- Expediency lies in the streams and that is exactly what the mind is looking for.
- Streams follow the least resistance.
- There is more efficiency and logic in the streams than in the wisest argument.
- No matter how logical, the mind will make mistakes.
- When the mind willingly lets go of its zeal and allows problems to be solved on their own without actively interfering, we call this letting go of the situation.
- You must loosen your grip, lower your control and do not disturb the flow.
- Give more freedom to the action of the surrounding world.

- If you disagree with the flow you will create excess potential and now you know the problem this creates.
- When you find an obstacle, do not fight it. Just go around it and guiding signs can help you do that.
- More freedom has to be given to the flow because the flow is not interested in ruining your fate.
- Here is the mind's main mistake: rather than striving to control movement along the flow, it is trying to control the flow itself.

- This is why problems appear.
- Do not live like this: something is proposed to you but you refuse. Somebody tries to tell you something but you wave it away. Somebody expresses an opinion and you argue against it. Somebody does something his own way and you force him onto your own path.
- You're offered a solution but you refuse.
- You wait for one thing but something completely different happens and you become dissatisfied.
- Somebody interferes with your path and you lose your temper.
- Something goes against your plan and you launch a big attack.
- Loosen the grip of control and grant more freedom to the flow.
- Move the center of gravity away from control over to observation.
- Don't be in a rush to wave things away, object, argue or push forward your own opinion.
- Situations resolve themselves without any active interference on your part.
- You will be amazed that's for sure.
- The paradox will happen: having refused control over situations, you will gain even more control than you had before.
- A detached observer has a greater advantage than a firsthand participant.
- Pendulums do not like the existence of streams in the flow because the streams move in the direction of minimal expenditure of energy.
- The only control needed is the control in the level of external and internal importance.
- Let go of the situation and stop insisting on your own way.

From book 1 of the Reality Transurfing three book series by Vadim Zeland.

Reality Transurfing Notes: Book 2

- Transurfing is a technique for controlling reality.
- In Transurfing, the goal is not being reached, it is instead being realized on its own.
- Transurfing offers a different way of thinking and acting so you get what you really want.
- You don't change yourself, you merely return to yourself.
- The main idea of Transurfing is based on the assumption that there is a thing called the space of variations where infinite scripts and infinite events are stored.
- The number of variations is infinite just as the possible location points on a grid are infinite.
- Everything that was and is and will be is recorded in the space of variations.
- The energy of a person's thoughts is able to materialize a particular sector in the space of variations.
- In order to do this, you must follow rules.
- Those who practice Transurfing experience astonishment that borders on ecstasy.
- The surrounding world of the Transurfer is in some incredible way changing right before his eyes.
- This is a controllable reality.
- You can find any possible script in the space of variations.
- Intention is the force that transfers the Transurfer into the new sector with the script that matches his thoughts. In
- Reality works the same way as a dream but what differs is the speed with which the script is turned into reality.
- In real life, events develop according to the same laws of the events that take place in dreams.
- They do not happen with the same speed because realization in the material world has inertness, matter to be overcome.
- Whatever you are thinking about now is what you will get sooner or later.
- Your thoughts are radiation of energy on the frequency of a particular life track.
- Our thoughts will carry us from one sector to another.
- Our goal is to create a script to stay aware and awake and it is important to learn how.

ENERGY

- Don't live under the delusion that this visible world is the only one in the universe, because the space of variations is infinite.
- Your thoughts and desires direct your movement in the space of variations.
- The consequences of your thoughts are many times not obvious to you.
- That's because the activity of balancing forces will create the opposite of your intention.

- The greater the excess potential, the further away your reality will be from the one you desire.
- Our thoughts modify energy passing through us.
- A mistake is trying to get everything you want right away.
- Another mistake is setting goals that are not connected to each other.
- Tuning into a specific sector will have a great effect when your effort is directed at one goal.

INTENTION

- It is not just desire that brings realization, it is aiming at what you desire.
- It is not your thoughts that lands what you desire. It is a power behind the scenes called **intention**.
- We define intention as the determination to have and to act.
- Example; you wish for your arm to lift, the desire has formed for your arm to lift, your thought is about lifting your arm, but your arm does not lift.
- The only thing left is determination to act because you desire to have.
- You possess a certain force that makes your muscles contract.
- You do not wonder how to move your arm.
- You cannot explain how you learn to ride a bike but with intention, you know how to ride it.
- While desire is aimed at the goal, it is intention that turns on the process of reaching that goal.
- Intention does not ponder whether the goal is attainable or not.
- You are not contemplating and you do not desire. You are just having and acting.
- The laws of the universe are completely dispassionate.
- Gratitude is close to unconditional love and is the radiation of creative energy.
- Excessive potentials created by begging and pleading is the opposite because these make demands which creates pendulums.
- Pendulums harvest energy from people with "give me" and "I want" statements that automatically create excessive potentials.
- That's because you are trying to pull what you want toward you with your thoughts.
- Asking higher powers is just like going shopping and asking the clerk to give you merchandise for free.
- The only thing that makes sense is to have the intention to choose.
- Intention does not create excess potentials.
- Desire and action are combined in intention.
- Intention dissolves excess potentials so no pendulum forms.
- When solving the problem, simply act.
- If you ponder or worry about what you believe is a difficult problem, you are creating an excess potential.
- At the same time you are giving energy away to a pendulum.
- Realize intention and then trust the flow of variations and the problem will be solved on its own.
- Intention is the driving force that realizes sectors in the space of variations.

INTERNAL AND EXTERNAL INTENTION

- Doing something on your own power is called **internal intention**.
- But by using **external intention** you can choose the way the world around you will behave.
- You will be able to decide the script and the decorations.
- External intention is directed at the process of choosing a life track in the space of variations.
- An external intention will not turn the apple tree into a pear tree, but instead chooses a path where the pear tree appears instead.
- Let's say you arrive on an island and meet cannibals.
- First option is to be a victim where you apologize and offer gifts and ingratiate yourself to them but you will be eaten.
- Second option is you are a conqueror and you attack to subdue the cannibals but if you do not win, you will die.
- Third option is to present yourself as the master and extend your hand as the all ruling hand. If you have doubts about your might they will conquer you but if you have no doubts they will believe you are their ruler.
- The first two options are connected to inner intention but the third option demonstrates the action of external intention.
- External intention simply chooses.
- The fly that beats against the glass, when there is an open window nearby, is using internal intention.
- Internal intention has to do with any attempt to influence the world around you on the same life track you are already living on.
- External intention on the other hand, is your ability to choose a life track where your desire will be realized.
- As an example, if you were a fly using internal intention, you would keep trying to fly through a closed window.
- If you were a fly using **external** intention, you would transfer onto a life track where you would see an open window.
- Another example, you are certain you won't find a parking place by the supermarket the day before Christmas using internal intention. Your internal intention believes this is impossible.
- On the other hand, with external intention, you will assume that you can drive up to the supermarket at the very moment a parking place is being freed just for you.
- It is not that external intention believes in such a possibility, it is dispassionate and unconditionally takes what belongs to it.
- Controlling external intention is only possible when you are completely free of pendulums.
- The nature of thought energy is that it can be aimed at a goal and manifested in three forms: desire, internal intention, and then external intention.
- Desire focuses itself on the goal, but desire has no power.

- Internal intention is focused on the process of your movement towards the goal and all this focus takes a lot of effort.
- External intention focuses on how the goal will be realized on its own.
- You are convinced that a variation of the realized goal already exists out there in the sea of variations, so you just need to choose it.
- Internal intention insists, demands and urges; "I insist that..."
- External intention follows a completely different rule: "The circumstances are such that...", Or, "it turns out that..."
- With internal intention, you are acting upon the world so that it yields to you.
- With external intention you assume the position of an outside observer and everything happens according to your will, but it actually happens on its own.
- You do not change things, you just choose them instead.
- Internal intention aims at the goal regardless of the obstacles.
- External intention aims at the process of independent realization of the goal.
- External intention is not in a rush to reach the goal because the goal is already in your pocket.
- Reaching the goal is beyond any doubt.
- Reaching the goal is not subject to discussion.
- External intention is cool and dispassionate as it moves toward the goal that will be realized.
- Internal intention: you're trying to get something from this world, you are fighting for what you want, you are trying to break through a closed door, you are trying to force your way through a wall, you are trying to call forth events in your life.
- External intention: the world gives you what you want, the world is opening its arms to you, the door is opening on its own right in front of you, the wall parts in front of you.
- With internal intention you must try to move your realization in relation to the space of variations but with external intention the space of variations is moved in such a way that your realization winds up in the right place.
- When you simply choose, the space of variations moves towards you.
- External intention is the cornerstone of Transurfing.
- This is why you do not need to struggle with this world because you simply choose what you want.
- Nothing is impossible for external intention.
- Christ said it this way "According to your faith will it be done to you."
- There is no intention without faith.
- External intention is free of doubt thus faith is required.
- To submit external intention to your will, it is necessary for agreement between your soul and your mind, that is, your feelings and your thoughts.
- This is why you must throw all negative thoughts away.
- There is nothing mystical or secret about Transurfing.
- External intention does not follow your orders but instead, creates reality as a product of agreement between your soul in your mind.

- Every person, to some extent, continues to sleep as they live their daily routine.
- External intention does not bend to your will.
- Your mind must give your soul liberty while the soul will give agreement in return.
- The unity of the soul and mind awakens external intention. This is the unity of your feelings and thoughts which will awaken external intention.
- External intention requires a higher level of awareness because in order to guide external intention, you need to wake up.
- External intention does not appear as a result of your will power but as a product of the unity between your soul's feelings and your conscious thoughts.
- Internal intention, (your will) and, must only be aimed at achieving this unity of soul with mind, feelings with thoughts.
- Awareness is a vital condition if you want to make external intention work for you.
- To gain true control of your life, you need to switch from the role of a participant, to the role of an observer.
- Watch your performance and the performance of others in a detached way, as a viewer.
- As a watcher, you will not attempt to interfere and you will be highly aware of everything that is going on.
- If someone approaches you with a problem, make it your intention for the pendulum to fall through.
- View any unpleasant situation as only a minor incident.
- You have complete clarity of thought and you are the one setting the rules so everything will be okay.
- Calmly listen, nod and say yes, but inside be an observer and not a participant.
- It will be resolved smoothly without your direct control or effort.
- Imagine that everything in your day will go this way.
- The problem will simply be dropped or it will become someone else's responsibility.
- If your soul and mind are united in their attitude towards a problem, you'll get astonishing results.
- You have only the right to choose, but not the right to change.
- Remember again and again that you move with the flow of variations.
- Awareness is not about control, it is about observation.
- Do not impose your script on the world.
- Allow yourself to have that variation.

UNITE YOUR SOUL AND MIND-BE THE OBSERVER

- When your soul and your mind are united you'll be able to let yourself choose anything your soul guide you to.
- The roles of the asker, the offended and the warrior never suit us.
- The role of the observer is much better.

- The higher your level of awareness when you are awake, the more efficient will be your ability to choose your fate.
- Being responsible for your fate is not a burden, it is freedom.
- Your soul's voice is very soft and barely audible.
- Cultivate a habit to always listening to the "rustling of the morning stars", your soul, your intuition, your subconscious mind, your still small voice.
- Pay attention to what that calm inner voice is saying.
- The unity of soul and mind creates external intention while awareness makes external intention serve your interests.
- Keep this in mind: are you asleep or not?
- External intention is about rejecting any control.
- It is the determination to have and rejection of striving to get something.
- This is a different tactic: refuse to attack and the world will open its arms to you.
- Maintain the balance of intention: wanting without desiring, caring without worrying, striving without getting carried away and acting without insisting.
- External intention does not believe nor does it wish for. It simply acts.
- External intention assumes that everything is already decided.
- "I've simply decided that this is how it will be."
- You are calmly realizing this is how things will be.
- I intend to go to the newspaper stand to get a magazine.
- There is no desire in this situation.
- The probability of desire not being fulfilled is very slim but if it does not get fulfilled, it's never a problem.
- That's because external intention is completely free of desire.
- Here's an example of how desire affects life tracks: "I want to get it but I'm afraid I won't get it."
- "That's why I am thinking about failure because it's so important to me."
- Now you are radiating energy on the frequencies of those life tracks that include failure in their scripts.
- External intention states exactly the opposite: "I know I will get what I need." "To me, the question is already settled."
- You now radiate energy on the frequency of those tracks where you already have what you want.
- The more you desire a goal, the more doubt you will have in a positive outcome because doubt raises the value of what is desired.
- External intention is the force that makes Transurfing happen.
- External intention shows you the possibility of moving to new sectors in the space of variations in in the same way, gravity points to the possibility that you could fall from a roof.
- While you are standing on the roof, nothing is happening despite the fact that gravity is present.
- But as soon as you take a step forward, you yield to gravity and it grabs you and throws you down.

- In order to yield to external intention, you must reach agreement between your soul and mind.
- But this cannot be done when importance is present because importance gives rise to doubts and that is an obstacle to agreement.
- Your soul asked for something he really wants but importance keeps your mind, your thoughts, tangled in the net of common sense.

THE GOAL AND ACCEPTING DEFEAT

- To achieve that goal, you must first abandon the desire to achieve that goal.
- Example: you are thinking about how much you want to reach a certain goal, therefore you feel doubt and it means you have desire.
- You worry about whether you have the right qualities and opportunities to achieve the goal.
- But you must want and then act without desiring anything so internal intention will work for you.
- There is one remedy against making things important and that is to accept defeat in advance.
- If you intend to achieve the goal, then accept your defeat in advance
- One time, run the scenario of a possible defeat and see what will happen if you fail to achieve the goal then look for other options and the insurance of a plan B.
- Do this only once and then it will free you from the need to achieve the goal the way you wanted it to happen.
- It is beyond you to know how the goal might be achieved.
- Do not think any more about either defeat or success but simply keep walking towards the goal.
- Move towards the goal as you would move toward your mailbox because you expect mail will be there.
- If it did not work this time, then it will work the next.

IMAGINATION SLIDES

- A slide is a product of imagination.
- Put a positive and colorful slide in your imagination and it will work just like the negative ones do.
- Show yourself positive slides in your imagination and people will perceive you the same way.
- Draw yourself as you want to see yourself.
- Create a slide of yourself looking as you want to be seen.
- See yourself moving with confidence, elegantly dressed, with aristocratic manners and great health.
- Your slides show you with intellect and charm while you win other people's favor.
- You easily manage problems.
- The slide you continue to watch influences your actions and behavior.
- Without even thinking, your daily life will adjust to those slides.
- The main work will be done by external intention in accordance with the image on the slide.

- As time passes by, the slide will become a part of you and it will no longer be a slide.
- When you get what you desire it is no longer of importance to you.
- The mission was completed.
- That means your soul and your mind agreed.
- Make your slides show you with courage, strength, dexterity, a skilled speaker, ability to listen and physical perfection.
- Let everything positive come through your slide and keep all the negative out.
- The positive will always be with you because you are happily accepting it.
- If you want to be wealthy, the question is are you ready to have that million?
- If you are thinking that I am talking about earning the million dollars, that's not it. My question is are you ready to make a choice and let yourself have the million?
- Get used to the thought that you will have what it is you have desired.
- If you experience even the slight discomfort in an expensive shop, You are not ready to let yourself have that million.
- A buyer behaves as if he owns the place because he is calm, confident and dignified and aware of his right to choose anything he wants.
- Let yourself be worthy of all this luxury because you are worthy of all the best.
- In the expensive shops look like the master in a wealthy house.
- Remember when you were able to ride a bicycle for the first time.
- All your doubts, hesitations, arguments all disappeared.
- The only thing that remained was silent clarity and knowledge.
- The ability to ride that bike was the feeling of clarity without words.
- It was the fact that you knew something without needing to believe it.
- It was confidence without any hesitation.
- That is the unity between soul and mind.
- In that state you feel an integral part of the unspoken force that rules the universe.
- That force grabs you and transfers you to the sector where the things in your soul and mind have agreed on, and these will become fact.
- Positive slides introduce you to incredible new things and then place them in your comfort zone.
- Your soul will come to an agreement with your mind when you are ready to simply have.
- With the help of slides in your imagination, unity between your soul in mind is achieved gradually.
- Immerse yourself in the picture, live in it virtually.
- In these slides, you are a participant not just the viewer.
- Playing slides must turn into a habit.
- A slide will give you results if they are played routinely for a long time.
- Be actively interested in everything that has anything to do with the topics on your slides.
- Let in all the necessary information.
- Be the master of these things and let the shop assistant believe you are the buyer.
- You are tuning in to these life tracks where these things will be yours.

- You do not have to worry about how these things will be yours if you have the determination to have. External intention will find the way.
- If you experience any feelings of awe as you look at your goals, make this feeling go away.
- In your world that is coming, nothing is unattainable for you.
- The world of your goals will be a happy place but at the same time, an ordinary place.
- To you, your goals are simply the order of things, they are normal.
- You must feel as if you already have what you want.
- Passionless external intention gives you what you want.
- If you do not wish to live like everybody else who is content with an average life, and if you want to have everything your soul intends, then you are a wanderer.
- A wanderer of Transurfing is not chosen by destiny but instead destiny is what he chooses.
- You will achieve everything you want if you shake off your common sense.
- Visualization in Transurfing is something very different from what is usually understood by the word.
- When you play the slides in your imagination you must always look like the owner of the house who is using things as an owner would.
- You enter the scene and walk around, touching all that belongs to you.
- Enjoy it as an owner would.
- You already have this so you can enjoy it.
- Imagine yourself enjoying all of your goals that you have on your slides.
- Instead of focusing on your final goal, visualize the process of approaching the goal.
- The realization of intention is a process and not a finished condition.
- Your focus will lie in the process of approaching the goal, while the completed goal is in the background and you are moving towards it.
- Imagine what this goal will look like as it becomes more and more like what your soul is guiding you to.
- You complete a few details and each time you add a little more.
- Your creation is transforming as you continue to look at your slide.
- You are pleased and caught up in the creative process
- The secret is not just to contemplate the object of your desire but also to picture the process of birth and growth.
- You do not have to imagine how it happens but only imagine it happening.
- It is being created in your slide as you admire your work all at the same time.
- If your object is computer software, imagine how your creation will make things more efficient and convenient.
- As you watch it form, it has more details and your software is surprising everyone. See them enjoying it.
- If you are working on a business project imagine how your ideas are popping up in new and original ways that are adding to the project and making it better.

- If you are working with your body, see yourself improving it gradually as it moves to the desired shape.
- Visualize the process and the way you work and how it's moving to completion.
- Visualize the process of approaching the goal and you will significantly accelerate the work of external intention.
- You never need to know how your goal will be materialized so keep visualizing and calmly see the goal in the process of improvement.
- Become comfortable with the process of achieving your goal.
- Throw all importance aside and rely on the flow of variations.
- Live in your slides and you will involuntarily be going in the right direction.
- Your goal is located on distant life tracks which is why you must visualize yourself moving step by step towards it.

THE TRANSFER CHAIN

- All goals in this world must be attained through several stages and you will have to pass through these stages in order.
- A stage by stage path in the space of variations is called a "transfer chain."
- Each chain-link is a separate stage and the stages are linked together.
- If you haven't passed a particular stage you won't be able to enter the stage that follows it.
- The way to your goal through the space of variations is made out of transfer chains on the flow of variations. The space of variations has a well ordered structure.
- One rule applies: apply visualization where you picture the process of moving towards the goal to your current stage only.
- Picture the process of moving towards the goal within the limits of the current link in a transfer chain. Do not rush.
- Visualization in Transurfing is an imagination movie of the process that realizes the current link on the transfer chain.
- You don't have to know how your goal might be realized.
- Keep visualizing your slide calmly and methodically.
- Once the goal is in your comfort zone, external intention will show you all the suitable options.
- Your slides will continue moving you in the right direction unconsciously so stay calm and rely on the flow of variations.
- Your goal will always be maintained in your imagination in the form of a slide, which as you keep looking at it, will expand your comfort zone about having it and set the frequency of your radiating thoughts.
- The actual transfer to the life tracks associated with your goal is being done by those work horses of Transurfing, the visualization of the process of moving towards the goal.

SOUL AND MIND -REMINDER

- All that is conscious is the mind and all that is unconscious is the soul.
- Feelings are for the soul and thoughts are for the mind.
- Experiencing delight and inspiration are feelings of the soul as well as feeling heavy hearted.
- Just as a kite satisfies the parameters of air streams and flies higher, you are caught and carried by the wind of external intention and you fly to the sector of space that corresponds to the parameters of your thought radiation.
- Your mind has will but it is unable to control external intention. The soul is able to be one with external intention, but has no will of its own. Your soul is flying in the space of variations like a kite. In order to submit external intention to your will, you only have to gain the unity of your soul and mind, the unity of your thoughts and feelings.

GET IN TOUCH WITH YOUR SOUL

- People perceive themselves as material objects.
- All material objects have an energy essence that cannot be seen with eyes.
- This energy essence exists in the space of variations and determines the behavior of material realization.
- Our minds are constantly trying to push reality into line with the existing template of this world.
- We have never seen the energy field of a human being because our minds won't let us see it with our eyes because it doesn't conform to the usual world view template.
- When we were young, no one directed our attention to the aura of a living being.
- Therefore an aura was not part of our template of the world.
- The human soul doesn't understand human language.
- He only understands sensations. First there is a thoughts and only then is it shaped into words.
- But you can think without words at all.
- That is the language of our subconscious and this is what it understands.
- Words are not primary, thoughts are.
- Your soul can sense the wind of external intention but he is unable to set the sail to make use of this wind. That's because the sail is only set by the will of the mind and will is an attribute of awareness.
- Your soul, unlike your mind, does not think, he just knows.
- Your mind is thinking about receiving information through his worldview template.
- The soul gets his knowledge directly from the information field without any analysis.
- Your soul is able to address external intention directly.
- Align the will of your mind with the aspiration of your soul and merge them into one.
- Reach this unity and the sail of your soul will be filled with the wind of external intention.
- With average people, the connection between the soul and mind is broken.
- They believe that only a chosen few can have success in business, science, art, sports.
- Everyone believes that this is the way of the world.

- So ask yourself, the wanderer, this question: "Why not me?"
- "What do I need to become to be one of these chosen few?"
- You have everything necessary to become one of these "chosen few".
- You have to make use of it and then you can do anything. It's just that no one showed you this before.
- You are capable of creating fantastic works of art, making ingenious discoveries, achieving outstanding results in any field.
- To achieve this you simply turn to your soul.
- He has access to any kind of knowledge, creation and achievement.
- You haven't asked for anything from your soul.
- All great art, science, business geniuses were able to create their masterpieces just because they consulted their souls.
- Your soul is no different.
- While your mind creates a flawless copy of anything, only your soul is capable of creating unique originals.
- Your soul is capable of everything so you must make use of it.
- Allow yourself the luxury to have.
- The determination to have is up to you.
- Together, your soul and mind are capable of anything.
- Allow yourself to have and you will have it.
- Start believing in the unlimited potential of your soul by directing your mind to your soul.
- If true geniuses are admired for the works of their souls, then your creation will be loved by others just as much if it springs from your unique soul.
- Only your soul is unique.
- You have a great treasure in your possession and any ingenious creation can only be brought forth by your soul.
- Use your mind to let your soul bring forth ingenious creations.
- Every soul has its own individual sector.
- The unique sector for any given soul is his individual path and your soul will find a way to express himself. But the task of your mind is to admit that your soul is unique and let your soul follow his own path.
- Remember your right to be unique and you will gain a huge advantage before others.
- Admit your individuality is magnificent and others will agree with you and allow you to have.
- Keep directing your mind toward your unique and original soul.
- The more sincere you are in your expression of gratitude for the littlest thing, the stronger your soul will become.

THE FRAIL OF A SOUL

- The soul of every person has a unique set of parameters called the frail.

- The frail is the frequency characteristic of a person.
- The frail of one person differs from the frail of another.
- It's just like the unique shape of snowflakes. Every frail is different.
- Frail characterizes the individual essence of a person soul.
- A person's frail is something you can comprehend without words.
- Inexpressible charm, a physical attractiveness, a magnetism of some kind.
- This is the frail of the soul.
- Any conflict between the soul and mind affects physical appearance.
- If you love who you are, enjoy your life and do what you love and you will glow from the inside.
- This means your mind is set on the frail of your soul.
- Frail appears as hobbies, interests, everything that is done with love and pleasure.
- Listen closely to what your soul is telling you to do so that your mind will pick it up.
- That's when you catch external intention and quickly get what you want.
- You set your mind on the frail of your soul by convincing your mind that your soul has to be loved before anyone else.
- Love yourself first and then notice the virtues of other people.
- To love yourself first means to understand your uniqueness and accept yourself as you are no matter what your flaws.
- When you think about your goal do not think about ways to achieve it just think about your own soul's comfort.
- Imagine your goal has already been achieved, then see how good your soul is feeling about it.
- The important thing is that when you are thinking about your goal that you have been longing for, your soul will be singing.
- When you are thinking about the goal, are you feeling good or not? That's all that matters.
- Your soul understands wordless thoughts and feelings.
- Words can model thoughts and feelings but speech is secondary to thoughts and feelings.
- It is much better to feel something genuinely one time, than to monotonously repeat it 1,000 times.
- Simply say "everything is working out."
- You are setting your parameters of thought radiation as if you already have what you have ordered.

CHOOSING A GOAL

- Looking for clothes is a good example of how you choose a goal.
- You have bought clothing in the past and became uncomfortable with it.
- When you shop for clothes you are learning to distinguish your things from things that are meant for other people.
- That's how simple it is.
- You never agonize over the problem of choice.

- There is no need to examine different items for a long time because your mind is not part of choice making.
- Identify in general terms what you would like to have but do not picture the details.
- Only describe the type of clothing, for example a coat.
- Since your goal is to choose a coat, you need no more unnecessary conditions because you will let your soul choose the item.
- Your soul is much closer to who you really are than your mind could ever describe in words.
- Your soul won't miss any details.
- As soon as you feel drawn towards an item in a sea of clothing, you will instantly realize you have spotted the right thing.
- Do not analyze why an item appeals to you.
- If you look for a long time but cannot find anything, don't worry because the item will be somewhere else.
- It's waiting for you so don't rush.
- The secret is knowing someone else's item from your own item.
- Do not think about what is good or bad about the item because when the moment comes to say yes or no, you will simply know what is yours and what belongs to someone else.
- To do this you must stay awake.
- Wake up and be aware.
- What feelings did you experience when the decision was made about a piece of clothing?
- The state of emotional comfort of your soul will show the attitude of your soul towards the decision.
- If you like the item from the very first, it means your soul said yes.
- Make sure your mind doesn't begin analyzing or substantiating your choice.
- Pay special attention to the smallest discomfort your soul might be experiencing.
- Your soul always knows for sure what he does not want.
- If there is the smallest shadow of doubt, then it belongs to someone else.
- So let the item go without regret because it is not yours.
- If you have to persuade yourself, it's not your item.

MONEY - AGAIN

- Transurfing will help you remove the money problem from your life.
- Money will come to you and on its own and you'll have more than plenty.
- This process of choosing your clothes includes all the principles of transurfing.
- You were shopping at an exhibit and observing. You were not making it your goal to find something no matter what.
- You reject the desire to reach the goal and instead you are calmly aware of the fact that your item is waiting for you someplace.
- You know for certain how to tell it apart from someone else's item.

- In this place, importance is at a minimum.
- You are acting consciously and making the final decision and relying on the state of emotional comfort of your soul.
- You won't be wrong because there is a tower of strength in this unstable world, and that's the unity of your soul and your mind. Your thoughts and your feelings.
- Life is a celebration if you let yourself have it. So take what's yours calmly without insisting.
- The important thing is this: do not forget that before you say yes or no, that you wake up and become aware of the sensations of your soul.
- Turn off your analysis and reasoning altogether.
- Listen to the "rustle of the morning stars" and reject desire for your goal.
- Free yourself from the responsibility to achieve the goal by dropping importance and losing your grip.
- Just walk around and look at the different pieces of clothing and rely on the flow of variations your soul will confirm.
- Play the slide of your goal in your mind.
- The frail of your soul successfully fits into your own life track and you achieve your goal with these.

WALK THROUGH YOUR OWN DOOR

- In the same way that the key to your home is easy to turn and opens the locked door.
- Every person has his own key to his own door.
- If you are walking toward your goal, through your own door, everything turns out well for you.
- You have been instilled from childhood that success can only come through hard work.
- They have made it even worse by adding that you must overcome obstacles and you must fight for your happiness.
- Their ideas of persistence, overcoming, and obstacles all lead to only one conclusion that you must conquer to find your place in this world. This is very harmful and false.
- In Transurfing, happiness comes while you are moving toward your goal through your own door, on your own life track and you are already happy even though the goal is still ahead of you.
- Your life turns into a celebration.
- Moving through to your goal brings you a new burst of energy.
- There is no effort and there are no burdens.
- Walking toward your own goal is a pleasant journey and the process of achievement brings you joy.
- Famous celebrities achieve success because they break conventional rules and go their own way.
- So pay attention only to the state of your emotional comfort of your soul. Imagine that you reached everything and it's now behind you. Are you feeling good or are you feeling bad? That's all you need to know.
- Wake up so you see the priceless treasure which is your soul.

- Having united your soul and mind, you'll gain true freedom and power.
- Break all those stereotypes from childhood and see the true nature of things because they will be revealed to you.
- There is only one case where it can be 100% guaranteed that you will reach your goal and that is if the goal is yours and you are walking toward it through your own door.
- No one and nothing can stop you because the frail of your soul is an ideal match to the lock which is your door.
- No one can take what's yours, so there will be no problem reaching your goal.
- What is your soul into? What will fill the meaning of your life? If you find it, then your goal matches your door.
- Assume that your soul is into some specific area of science, culture or art. By doing what you love to do, you'll make discoveries and experience happiness on this life track because you are walking on your path.
- Don't be shy, order to the fullest!
- If you wanted a boat then how about a yacht?
- If you want an apartment, then how about a mansion?
- If you wanted to be head of the department, then how about CEO of your own business?
- If you wanted some inexpensive land then how about an island in the Mediterranean Sea?
- You cannot imagine how modest your requests are in comparison to what you could have if you were to walk toward your goals through your own door.
- Allow yourself plenty of time to find out what your soul wants.
- Attitude stems from the depths of your soul, so keep on asking: "How do I feel in context of an already achieved goal?"
- The only reliable criteria for choosing your goal is emotional discomfort in your soul.
- This would be a negative reaction of your soul to a decision that would've been made by your mind.
- You might have been influenced by pendulums so check and see.
- Emotional discomfort of your soul would be a heavy burden feeling which might appear vague in comparison to the optimistic arguments of your mind.
- If you cannot get a clear picture of yourself in the planned role, then you're not ready to accept it just yet.
- Don't squeeze yourself into a timeframe and don't search for your goal.
- You are looking for something that will turn your life into a daily celebration.
- Sooner or later you will get some kind of a sign that will light a spark in you that says "oh, I like that!".
- Spring has arrived and you have woken from a long sleep. That heavy burden feeling of oppression has disappeared and now it's much more pleasant to move toward your own goal.
- Now your life turns into a celebration because you have a happy soul that follows your mind that allows your goal into the layer of this world.
- Your soul and mind will start walking happily on that pleasant path.

- Once your goal is identified then you can ask yourself how this goal will be achieved. External intention will reveal the options and your task is to find your door among these.
- Examine all the possible options and test each one for the emotional comfort of your soul.
- Accept in advance any possible failure and if things work out that's good and if not the goal was not yours. There is nothing to be sad about.
- Failure is just another milestone on your way to your goal.
- Put the slide of looking for your goal and the door into your imagination and keep listening for the "rustle of the morning stars", which is confirmation of your soul is saying: "That's it!"
- Pay attention to the attitude of your soul. He will listen up and explain "This is exactly what I need!"
- Do not be in a hurry. You should come to a distinct conclusion: "I want this, and it will turn my life into a celebration." Which means your soul is singing and your mind is rubbing his hands with satisfaction.
- Do everything that is required of external intention without wanting or insisting.
- You must walk toward your goal as easily as you walk to get your mail from the mailbox.
- Stop thinking about the mail in your mailbox as a problem and simply start moving your feet in that direction.
- The problem will be solved in the process of moving toward your goal.
- Let yourself enjoy your life and accept everything as gifts.
- Visualizing the next link of the transfer chain to help the flow of vibration speed up your progress.
- Just visualize a small piece of what's relevant to the present moment and move your feet step-by-step, guided by your intention.
- You're headed for your goal through the right door and obtained the comfort of your soul which allows you to transmit the radiation of harmony.
- You become happy and calm because your soul and mind are in unity.
- Everything gets better because problems are eliminated on their own and you are often visited by inspiration.
- Solutions appear spontaneously when you least expect them.
- Inspiration is a state of mind where your soul and mind are united and there is no excess potential's or importance.
- Inspiration is when you feel your soul rising and there is a simple and easy flow to your creative process.
- Inspiration is released when the potentials of importance go away.
- Abandon desire to reach your goal because your goal isn't going anywhere anyhow.
- It will be found and achieved through your simple and calm external intention to have without pushing.
- You will calmly and without insisting, take what is yours just as you take the mail from your mailbox each day.

Is Is From book 2 of the Reality Transurfing three book series by Vadim Zeland.

Reality Transurfing Notes: Book 3

- Life force is the ability to use energy.
- In the human body there are two types of energy: psychological energy from food digestion and free energy which passes through the human body from the sea of variations.
- Together these two forms of energy create a sheath.
- This sheath of energy is radiated into the surrounding space.
- This energy moves through the human body in two directions.
- The first flow runs up and is located an inch in front of the spine in men and 2 inches in front of the spine in women.
- The second flow runs down and rests almost against the spine.
- The amount of free energy you have depends on the width of the central energy channels.
- The wider these channels, the higher are your inner energy levels.
- If the normal flow of energy is interrupted, there are bottlenecks somewhere in the flow and diseases will be created.
- If an organ is subjected to illness the energy coming from it appears to be distorted.
- Acupuncture can restore normal energy flow so the illness caused by the disruption goes away.
- But this effect will only be temporary.
- For everything to work properly you have to care for your physical body as well as your spiritual body.
- A person's life force energy is tightly linked to the state of their muscles.
- Tense muscles make it difficult for energy to pass through your body and create interference in your energy radiation.
- If there is a group of relaxed people and a tense person joins it, that person will change the mood as that tension hangs in the air.
- Tension creates an inconsistency in the energy field and gives rise to balancing forces.
- Balance can be restored by either reducing energy or extinguishing excess potential.
- Mood and vitality are directly linked to your life force.
- Psychological energy is not enough to maintain a high level of vitality.
- Free energy plays the key role in the active life of a person.
- When there is too little energy, you could perform routine functions but it will be difficult to take initiative.
- Behind every action there is intention and if there is no free energy, then there is no intention.
- Psychological energy is used to perform actions.
- This is the energy you will use to shape your intention.
- Thanks to the energy of intention, you have the determination to have and to act.
- Tension can be set so deeply in your habits that you do not notice it.
- The cause of physical tension is psychological tension.
- In order to eliminate psychological tension, you have to drop importance and that is all you need to do.

- You are tense because of excessive significance you have been giving things.
- When you experienced discomfort, ask yourself this question: "Where did I fight for my significance?"
- No matter how important it is to you, reject that importance consciously.
- To become immune to stress, replace your habit of being tense with choosing a relaxed state.
- You want a state of balance.
- Balance assumes the lack of internal and external importance.
- I am neither very good nor very bad, the world is neither very good nor very bad, I am not pitiful nor am I important.

HOW TO RELAX

- To practice Transurfing, get into a state of relaxation under any circumstance and in the least amount of time.
- You won't need verbal suggestions because your muscles are not controlled by words, they are controlled by intention.
- To get into a relaxed state quickly, go through your body with your inner gaze, without rushing, let go of any tension.
- Pay attention to the entire surface of your body, as if your skin is a sheath that is quickly being heated from the inside.
- Focus on the surface of your skin.
- Imagine your skin getting warmer. There are energy discharges running along your skin.
- The important thing is to feel you have skin.
- Imagine energy shimmering along the entire surface of your body as colorful stains on a soap bubble.
- You are now part of the universe and are in balance with it.
- You should not be trying hard at all.
- Do it nonchalantly.
- The surface of your body is glowing with energy in a state of relaxation, balance and unity with the world around you.
- After a few attempts, you'll be able to do this in seconds and it will be as easy for you to do as crossing your arms.
- We are all swimming in an ocean of energy.
- To get more energy, you must widen your energy channels on purpose and let this energy flow through these channels.
- People who suck energy out of you only need to touch on a problem you are worried about in order for them to suck energy out of you by talking about problems.
- When something worries you, your life force becomes weaker and people can sense it.
- To keep yourself from attracting people who will drain your energy, keep strengthening your energy sheath being careful to stay aware of too much importance.

Your Protective Sheath

- Every person is surrounded with an invisible energy sheath.
- You cannot sense it but you can imagine it.
- Imagine the feeling of the entire surface of your body being surrounded with this energy, like when you sink into a hot bath.
- The energy extends as a wave from the center of your body, emerging on the surface and moving into the shape of a ball.
- Imagine the ball envelops you.
- This is your energy sheath.
- By imagining this, you are taking the first step to control it.
- Here is a simple exercise that is easy to do and takes just 2 min.
- First stand up straight, so you feel comfortable without creating tension in your muscles.
- Then inhale and imagine a flow of energy coming up from the ground and entering your body through your torso.
- This flow of energy is moving along your spine and exits from the top of your head and goes straight up to the sky.
- Next, exhale and imagine that high in the sky, the flow of energy is descending and entering your body into the top of your head, moving along your spine and exiting down into the ground.
- As you keep imagining this process, your sensitivity to it will improve.
- Next, imagine the two energy flows are moving toward each other at the same time without crossing over.
- At first do it when you inhale and then do it when you exhale.
- A little later, you'll breathe normally as you see the streams flow faster, giving them more might and power in your imagination by using intention.
- Now imagine the rising flow of energy coming out of your head and spreading over you like an umbrella.
- The descending flow of energy from the sky is spreading out in the same way, but in the opposite direction right under your feet like an upside down umbrella
- These two fountains then connect, one from above and one from below.
- Connect the splashes of the two fountains in your imagination and you wind up inside an energy sphere.
- Right then, pay attention to the surface of your body and feel the surface of your skin. Extend that sensation into the sphere, like when a balloon is expanding.
- You are inflating the surface of your skin energy out to meet the bubble of energy you have created.
- By closing the two flows into a sphere, you have created a protective sheath around you.
- By expanding the surface energy of your skin into a ball, you create a very stable energy sheath.
- When you exercise your life force this way, you are cleaning your energy channels.

- Clogs that used to block the movement of energy are flushed out and holes that were seeping energy are closed up.
- This doesn't happen right away. It's a gradual process.
- You won't need to keep turning to reflexologists and acupuncture specialists for return visits because you will be restoring the normal flow of energy in your body.
- To protect yourself from the negative energy of other people, make pendulums fall through, wake up and drop importance and your muscles will relax and your inner energy will come back into balance.

Increasing the Level of Life Force

- You need a good diet and regular rest.
- Free energy comes into your body from space and if the channels are wide enough, you have energy.
- Having a strong life force is about creating wide energy channels.
- There is unlimited free energy in any given particle so you will need to learn how to let this energy into yourself.
- The previous exercises will help you do that.
- You always want to strive towards feeling that you are one with the energy level in the world around you.
- You do not need to feel you are starved for energy because you are swimming in a sea of it.
- Don't try to accumulate energy, but instead let it pass freely through your body as streams.
- You are part of this universe and all of its energy is at your disposal so merge with this universe.
- Expand your energy sphere and dissolve it in surrounding space.
- Since you want wide energy channels, understand that there are two reasons that energy channels can narrow: toxins and stress.
- You exercise your energy channels when you use intention at the maximum level.
- By achieving your goals in life you are stimulating intention and thus the energy channels.
- It is best if you carry the feeling of energy channels with you because you are in harmony and balance with the world around you.
- You will be very sensitive to the changes in your surroundings and you will move with the flow.
- You are connected to the information field, the unlimited source of creativity which gives you access to the energy.
- You will create an oasis of well-being and success around you.
- Most important, you will be acting in unity with your soul and mind, your intuition and your thoughts.
- During the day, activate your fountains of energy flows to boost them but never exert yourself.
- In your imagination see the rising stream and the descending stream as equal in their power so they are balanced.
- You will have a sensation of rising and the descending flows of energy through your body.

- Once in a while, throw your inner gaze on the area in front of your spine and imagine how rising energy flow is moving up and descending flow is moving down.
- Gradually you will develop the habit of sensing them.
- Don't be in a rush. With time you will learn how to easily create these energy flows simply with intention. Increasing the level of your life force will increase your vitality and also make you a more influential person.
- Your radiation will become influential as you influence others.
- In Transurfing, you have no right to change anything but you only have the right to choose.
- The higher the level of your life force, the better people treat you because they feel your energy at a subconscious level.
- It is as if they are bathing in your life force because you have so much energy overflowing from your fountains.
- By granting this excess energy to others, you get them to like you.
- This is why so-called charismatic people are said to have some unexplainable charm.
- Let's say you have a very important meeting coming up.
- Get rid of importance and activate your central channels.
- Have them gush forth.
- You will need fewer words or convincing arguments.
- Just turn on your fountains. By attracting free energy and letting it pass through you, you are endowing people around you with energy they can sense.
- They will take an unexplainable liking to you.

The Energy of Intention

- Energy enters the body through your central flows.
- This energy is shaped by your thoughts and upon exiting the body, it goes out and acquires the energy that corresponds to these thoughts.
- This newly modified energy is imposed onto the corresponding sector in the space of variations which ultimately creates what we see happening in this world.
- This only happens when your soul and mind are united in what they want.
- Potential possibility in the space of variations is created in this physical world only by the force of external intention.
- Your power of your external intention matches the level of your life force.
- Your life force levels are increased by exercising your central energy flows.
- You also widen your central flows through the method of visualizing the process.
- Give yourself this directive: "My channels are getting wider and the energy of intention is growing."
- On doing this exercise, visualize the process you read about earlier.
- Continue to say : "Today is better than yesterday and tomorrow is better than today.
- When launching your energy fountains, keep repeating: "My energy of intention is growing every day."

- Your life force will continue to grow this way.
- Your intention to boost your energy field must be free of desire, potentials or any importance.
- Too much desire are too much importance will have the opposite effect and block the flows.
- The key to intention is concentration. So loosen your grip and simply focus on these actions.

Intention

- When you try to lose weight and create your ideal body shape, abandon any senseless forcing yourself to do anything.
- Forcing yourself in any activity makes your soul troubled.
- You'll end your diet and you will put on more weight.
- You'll abandon old habits and take on new ones in line with your convictions and to do that, your intention must be pure.
- Changing old habits to new ones is a question of intention and time.
- You won't need much time once your soul and your mind are in harmony.
- Negative thoughts, worry, anxiety, anxiousness are all pendulums that create disease.
- In order to get your health back, it will mean throwing out information that comes from pendulums and make them fall through.

How To End Your Problems

- Transurfing helps you stop problems, not by solving them, but by avoiding them completely.
- Problems and achievements are created through relationships with other people.
- Avoid problems completely by using other people's internal intention.
- Other people are motivated by their internal intention.
- Instead of using your own internal intention, abandon it and let external intention be launched through supporting the internal intention of others.
- If you want to get what you want from other people, external intention has the power to do it.
- External intention does not desire to do anything. Instead it allows the internal intention of other people to work instead.
- This way, you are not getting in the way of what people want to do.
- All problems are produced because of the conflicting internal intentions of different people.
- What is the common item in people's internal intention?
- It is the feeling of their own personal significance.
- As you remember, personal significance is driven by their need for internal importance.
- Pendulums are created when groups of people submit to the laws of pendulums.
- The biggest part of a person's motivation is his drive to get personal significance.
- The remaining part of a person's personal significance belongs to the "frail", that is, the wishes of his or her soul.
- To make external intention work regarding relationships with other people, you'll need to break another false stereotype.

- You've heard this many times: "Do not try to change others, start with yourself."
- This false stereotype instantly creates emotional discomfort because it means that I am not perfect and I need to change but I really don't want to.
- You would be right in not wanting to change.
- You certainly don't want to try to change other people but you should not be changing yourself either.
- Let other people realize their internal intention and then external intention will begin working for you.
- Example: a woman wants her boyfriend to marry her but he gives excuses. If she used internal intention she would direct all her thoughts at making him marry her.
- This strategy will create excess potentials.
- Balancing forces will take her boyfriend away from her.
- She turned her relationship into a dependent relationship: "If you love me, then you will marry me."
- If she wanted to make external intention work, this lady would need to get rid of her desire to marry this man and instead ask herself "What does this man want from marriage?"
- Answer: he wants to realize his personal significance, that he is loved, valued, respected and someone admires him.
- Once she directs her energy at this man's personal significance, she will not only achieve her goal, she will create personal significance for herself.
- But that woman's friend might ask; "But he doesn't deserve someone to respect and love him! "
- If that IS the case, then why should this woman bother with him at all?
- There is no need to change yourself.
- People are preoccupied thinking about what they want from others.
- Rarely does anyone attempt to find out what you want.
- Once you switch your attention to the wishes and motives of other people, you will easily get what you need.
- Just asked this question: "What is the internal intention of my partner?"
- If you were a fly trying to get out through a closed window, your external intention would allow you to see a nearby window that was open by simply backing away from the closed window.
- So if you want something from your partner in your intimate relationship, first tune in to the internal intention of your partner.
- This is how your internal intention will transform into external intention and the power to get what you want will be yours.

How To Get What You Want From Others

- In your relationships, act natural by eliminating all importance. You do this by rejecting any desire to present yourself in the best light.

- When you are in a social situation, the people you are with are all interested in themselves.
- Switch your intention to these other people.
- Stop playing the game of elevating your own significance.
- Play the game instead of elevating the significance of other people and become interested in them, listen to them and watch them.
- As soon as you switch your intention to other people, excess potential of your personal significance will vanish instantly and you will begin to act natural.
- This always works.
- In fact, being interested in other people creates external intention.
- To take an interest in other people, simply start by being curious.
- Any person gets great satisfaction simply by having his significance acknowledged.
- He finally feels that he or she is liked, interesting, important and not just an empty space.
- That person will shut his or her eyes to your obvious flaws and forgives all your weaknesses as you do this.
- Stop thinking about yourself and focus on that other person by giving he or she the opportunity to feel significant next to you.
- You will win them over every time.
- Tune in to their frequency and listen carefully by asking questions and expressing your interest.
- How external intention works: It allows internal intention of other people to be realized.
- You will get what you initially rejected, (your own personal significance), and instead that other person will give you great significance. In this way you will get what you wanted.
- Remember that everything you imagine yourself to be is only a creation of your internal intention, clothed in excess potentials and full of dependence and importance. This is nothing but trouble for you.
- Abandon your personal significance and allow for internal intention of others to be realized.
- This comes down to rejecting the internal intention to get and then replacing it with the internal intention to give.
- This is easily done.
- If you want a person to appreciate you, do not demand any respect.
- Respect that person first and make him or her feel significant in your eyes.
- Do you need sympathy? Then don't look for it.
- Be sincere and involve yourself with the problems of that person.
- You need the support of another person?
- Help the other person first and you will get your help that you need.
- You want mutual love?
- Reject the right to possess a relationship of dependence.
- Love without expecting anything back.
- No one is capable of resisting that kind of love.
- You will definitely get what you initially rejected.
- You want a person to do something for you?

- External intention will be the most efficient way to do it.
- Ask yourself this question: "How do I connect what I want, with what this person needs?"
- Identify what that person strives toward.
- Does he or she lack money, power, respect, satisfaction, care for children, prestige, status, fame?
- All these things represent variations on one thing: his or her personal significance.
- Any person feels bad if they do not mean much to this world.
- People spend their entire lives chasing internal importance.
- You cannot condemn anyone for this.
- Look ahead and see how some task you need done will increase that person's sense of personal significance.
- What could make that person feel more important?
- Once you know this, present a task to this person in a way that shows that he or she will get a lot of personal significance by helping you do it.
- Just allow that person to increase personal significance and the task will get done with all the help you need.
- Once the task is done, be generous in showing your appreciation.
- Remember that you must first wake up, leave your own interests and think only of the interest of other people.
- Example: you have a retail store. Your customer never thinks about how to make you feel better by buying your things.
- No one wants to be sold, but everyone likes to buy. Why is this?
- It's because in buying they are fulfilling their personal significance.
- They like to choose what they need themselves.
- They do not want to be sold what you think they need.
- Don't think about how to sell your merchandise.
- Striving to sell is internal intention.
- To activate external intention, simply find out what your customer wants and get it for them.
- If arthritis is bothering him, be sincerely interested in it and suggest a doctor or remedy.
- Even if you sell bricks, talk about his arthritis and he will look to buy from you without fail.
- Each and every time you need to get something from others, throw away your internal intention and ask: "What is the internal intention of this person?"
- While you are fully engaged in helping him get his internal intention, you can insert your request as an aside. You might not even have to mention anything about your own need. Everything could happen as you needed through the power of external intention.
-

True Success In A Business

- Example : you make products that other people need. How do you prompt them to want to buy these products?

- Internal intention believes you are creating masterpieces and highlights their internal importance.
- You consider your creation to be perfect and that means it is important to you.
- You won't be objective about your products.
- Your internal intention is now aimed at selling to other people.
- Your internal intention to sell is of no interest to them.
- Your big mistake is using your internal intention to make your products important instead of focusing on the needs of your customer.
- When you make your product the masterpiece, you are now moving against the flow and you are idealizing your skills and abilities.
- As a business owner, there is no need to invent an object that is in demand.
- If you're counting on making money because of the masterpiece product you made, you are ahead of the flow of variations and you will lose.
- The only guarantee you have of business success is aiming to satisfy a real demand from other people.
- Demand is determined by the flow of variations. The flow of variations already contains all the answers and only the flow of variations can give you the guarantee of success.
- Many fundamental discoveries and inventions were made almost at the same time and independently by many people.
- Material realization moving in the space of variations is revealed.
- Leonardo da Vinci anticipated many inventions that much later materialized in physical reality.

End Your Criticisms

- Criticism is the result of internal intention.
- Encouraging the positive qualities of another person is external intention.
- When you criticize another person you are trying to influence him with your internal intention.
- If you highlight that person's virtues, in spite of everything, you won't lose anything so don't blame other people for anything at all.
- Abandon criticism. You are trying to swim against the flow so never mind other people's flaws and think only of their virtues.
- Criticism will get you off balance and throw you out of the flow.
- The flow was leading you to a specific goal.
- When you encourage a person, in spite of everything, you are moving him or her into a favorable channel without diverting them from their flow.
- No one's rights are stepped on and no one's pride is hurt because your wishes and theirs have become parallel.

- What criticism actually does is make your soul become your mind's enemy but encouragement makes your soul and mind become friends. Encouragement is a creative force and criticism is a destructive force.
- When several people are in an argument, take the role of a viewer instead of a participant and it will give you a huge advantage.
- While each participant is trying to realize his or her internal intention, you will come up with a solution that is invisible to everyone.
- If you win an argument, consider yourself to be defeated.
- You should never want to deliver a hurt to someone else in order to increase your personal significance.
- If a person you criticize remains silent, don't be thinking that that person was not hurt because resentment will live on.
- You won the argument because you thought your significance increased.
- But you did it at the expense of the other person so you actually decreased your significance.
- The result of this is always hidden resentment and it will come for you later.
- The same applies to when you let another person know how good you are in comparison to them.
- You will relieve yourself of tons of problems just by avoiding any effort to hurt the significance and importance of other people.
- Agree to what another person says and you will give him what he's trying to achieve.
- You are moving with the flow and making use of external intention and thus you will get fantastic results.
- From the very beginning of a conversation, get the other person saying "yes".
- Never start a discussion at odds with that other person.
- Find a way to agree.
- Gradually start discussing more controversial issues but find a way to be in line with the thought radiation of your partner.
- Admit your mistake in advance and you will not need to defend yourself.
- You agreed with the viewpoint of your opponent and gave the green light to his internal intention. You increase the significance of your opponent and he will be grateful you did not reduce his importance.
- Drop the backbreaking burden of defending your mistakes and give yourself the right to make them.
- Consciously admit your mistakes and life will get much easier right away.
- Just by admitting that the other person is right, you will immediately gain his favor.
- Remember this: you are living in an aggressive world full of pendulums and they all have to stand their ground to defend themselves every minute.
- Once you come along and side with your opponent, he is relieved and grateful to you because you are no longer an enemy like everyone else. You are no longer a threat.

- Imagine the nasty jungle everyone lives in. They all have potential enemies and every conversation is a potential risk.
- People are tired of fighting and when you come and show them they don't need to fight you, imagine all the friends you could get who are truly on your side.
- So drop your importance and admit that other people are right.
- They are all sleeping so they will not thank you but if they could wake up and consciously express their feelings you would hear them say "I really like this person."
- No one will thank you aloud or secretly because they are preoccupied and burdened by importance and do not notice anything else.
- You have great advantage because of these great powers: Awareness, Lack of Importance, Consideration of others.
- Use these advantages and you will find gold nuggets where other people see nothing but rock.

Attuning to Fraile

- When you have a close contact with another person, you are practicing "Frailing", which means you are tuning in to his parameters.
- The success of your relationship with that person depends on how well you manage to capture the essence of your partners "fraile."
- The way to do this is to pay attention to the person you are talking to because if there is no attention, there can be no attuning to fraile.
- Example: you want to go on vacation in August and you are now thinking about your interest.
- What is your boss thinking about?
- He is thinking about the job, not your vacation.
- By tuning into your bosses personal significance, you let him know that you expect an increased workload in September so you want to go on vacation in August so you are ready for the work in September.
- He now hears you talking on his frequency. That means, you are talking in the context of his interest and are tuned in to the frequency of his thoughts.
- When you meet a person, be happy to see them because they will hear the message "I am not a nobody, I mean something."
- You can easily make someone like you if you ask to help you over a difficulty or do you a small favor.
- When you do this you get rid of your own significance.
- He feels more significant because you let him know that he is important because of his help and you present an opportunity to prove himself and highlight his importance.
- This can't be stated enough: second to a person's life, there is nothing more important than his or her personal significance.

The Energy of Relationships

- To achieve mutual love in an intimate relationship, you need to reject your right to possess or expect. Simply love without expecting anything in return.
- This is what frailing is all about.
- Tune into the frequency of your partner and act in his or her best interest.
- Suppose someone is creating a problem for you and you are annoyed.
- But you need to get something from that person. You have an idea of what he or she is worried about and what he or she might need; health, confidence, emotional comfort of the soul.
- Think about what it is and once you realize it, you can now imagine this person getting what they need.
- Imagine him doing his favorite thing, feeling pleasure, satisfaction, calm and comfort.
- You don't have to spend a lot of time thinking about a good scenario, just visualize any picture that comes to mind.
- Example would be sitting in an armchair by a fireside with a cool drink, swimming happily in the sea, taking a stroll in a flower Valley, riding a bicycle, jumping for joy.
- By imagining to please this person, that person will start to like you for no obvious reason.
- What's going on here? It's the same thing that happens when you watch a good movie. The movie makes you feel something and connects with your soul.
- A good visualization creates celebration at the energy level.
- If you attune to the frail of a person and visualize his or her needs, that person will feel a wave of comfort come over them but won't know why.
- By receiving this positive energy, the one accepting the gift feels comfortable but is not aware of the cause.
- That person will feel comfortable around you and eventually will start to realize that you are a source of comfort.
- Your favorable visualization must be carried out sincerely.
- If you are successful at sincerely wishing well to that person, the effect will be substantial.
- Your power to radiate this good energy will be in proportion to the amount of free energy and how united your soul is with your mind.
- Your excess free energy will flood over people you choose like a fountain ple and they will feel it.
- In the world, this is called charisma -a person who is a charming individual.
- If a person's fountain of energy is great, that person glows with exceptional charm and has the harmony of soul and mind.
- That's a person who enjoys life without any narcissism and can celebrate the success of other people.
- There are very few people like this but you could become one of them.
- Turn to your soul and start loving yourself. Get on the path that leads to your goal and even your body will become more attractive, your face more good-looking and your smile more attractive.

- In the sea of variations on your life track, your appearance is a decoration of that sector and it will line up with your radiation of energy.
- Reject importance, activate your energy fountains and become a person with a surplus of free energy who is always interesting and attractive to others.
- Flood people around you with your energy and become aware of your energy sheath by feeling how it is expanding, enveloping all of the participants.
- Your comments will take on considerable weight and the people around you will feel the power of your thoughts.
- When talking one-on-one with a person, launch a visualization that is favorable to that person and at the same time your energy fountains will be activated and you will make a very positive impression.
- This will make you successful in negotiations, exams, interviews and every personal relationship with other people.
- That's because favorable visualization tunes you into the frequency of the person you are talking to.

Accept Your Flaws

- You have flaws that get in the way to achieving your goal because you lack certain knowledge or skills... Just accept this.
- Accept yourself the way you are and allow yourself the luxury of having flaws.
- This will bring you a sense of relief and calm.
- If you do not follow the life I'm explaining here, where does your free energy go?
- It goes toward maintaining excess potentials of importance and fighting balancing forces in an effort to control every situation.
- Struggling with your flaws is senseless because it creates internal intention and excess potential's which bring on troubling balancing forces.
- You are like that fly beating against the window pane thinking he can get out if he just hits the window hard enough.

Looking For A Job

- Determine what your job is by choosing the method described earlier for finding your own goal and your own door.
- You have a right to choose.
- Your potential is only limited by your own intention and the level of importance you attached to it.
- Do not think about prestige or the means of achieving it or about your flaws but only about whether you will have this job.
- Keep telling yourself that you have the right to choose and if you have placed your order, it will sooner or later be delivered.
- You need a firm conviction that you have a right to choose.

- Use this slide: see yourself making your choice, you are determining what job to have, but where it will come from is not your problem.
- All things are possible in the space of variations!
- Pendulums make your mind believe the opposite.
- Simply order the very best and calmly wait for it to come true because you have the right to choose.
- Watch a slide about how well you are doing this job and what pleasure and satisfaction it gives you.
- Start playing your slide where the goal has already been attained.
- You are doing what is required of you and you are focusing your intention in the right direction.
- You are already hired and already have everything behind you.
- Remember when I talked about the transfer chains. The first link is to create a resume and that would be where you focus your internal intention.
- While creating a resume, when applying for a job, cite only one position, the one you are applying for.
- Remember that you don't have to fight for your place because you have the right to choose and you have chosen.
- Let yourself have and you will get exactly what you want.
- How it will be realized is none of your concern because that will be left to external intention.
- While internal intention aims at showing what a brilliant specialist you are, external intention is aimed at the needs of your employer.
- What does she want to get from you? What does she need, put yourself in her place.
- Don't express yourself with your own phrases but used the language spoken by the employer.
- Imagine you are not a competitor but an employee creating the perfect resume for this employer.
- The resume meets his criteria not yours.
- The majority of people looking for a job are guided only by their internal intention and they rushed directly to available positions and placed their resume.
- Look for resumes of people that are experts at your job and imagine you are the one who must select a candidate.
- Look at the good and bad qualities of your rivals and know what the employer is feeling and reading on these resumes.
- Realize what must be changed on your resume.
- Don't pound on the door, let it open by offering yourself without insisting. Allow them to choose you.
- Do not press the world with your desires and ambitions but move your focus from looking for a job to announcing your presence in the labor market.
- Allow the job to find you.
- Never send out the same resume to different employers.
- Respect yourself and know your worth.

- Do not count on an immediate response because you may have to wait a long time for your order to come through the space of variations.
- All depends on the purity of your intention.
- If your desire is intense, balancing forces will interfere.
- Because of this, an order placed for a job often arrives when all hope is lost.
- Therefore, the more indifferent you are, the sooner your order will be completed.
- An absence of desire grants freedom.
- Once you are called for an interview, do not think about what working at this company will bring you because that's narrow internal intention.
- Instead focus your thoughts on what you will bring to the company because that would be external intention.
- Be interested exclusively on his internal intention.
- Find out as much as possible about the company and identify what special pride that company has. What are its differences in comparison to competitors and get a clear picture of this. Mention it in the interview.
- Accept everything about yourself because there are no ideal candidates so accept your flaws and throw away internal importance.
- The only way to get rid of nervousness is to accept defeat in advance.
- The desire to get hired generates excess potential and the more significance you attached to a successful outcome, the more importance it will be for you to get this job thus the less chance you have.
- Clear your intention of desire. You are going on an interview, not to get hired but to go through an interview.
- Do not strive to the goal, but be focused instead on the process and enjoy the interview.
- You've got nothing to lose so take pleasure in the process and set your thoughts on that.
- Castaway any thoughts of messing up because you've already accepted defeat and you have nothing else to lose.
- External intention is focused on a sincere interest in the problems of the employer and only in the light of his problems will you do the best.
- Always bring the discussion at the interview down to the context of the employer's problems and answer any questions precisely.
- Touch on issues that the employer cares about and takes pride in.
- Your virtues are presented only in light of the problems of the employer.
- If you are unsuccessful in getting the job through this particular interview, it means that it was not your job.
- You don't know what problems you have nicely escaped.
- Stay calm and wait for your job to show up and you will get it.
- If you got someone else's job though, then you should expect problems.

COORDINATION

- To get what you want it is not necessary to be strong and confident. There is a better way and that is Coordination.
- When you are on your way to your goal through the right door, no one and nothing can stand in your way.
- The only thing that does stand in your way is internal intention.
- Insecurity tightens its grip on internal intention and energy is spent on maintaining excess potentials all at once.
- You feel inhibited and you act clumsily.
- All of your energy of intention has gone to maintain excess potentials of worry, fear and anxiety.
- Guilt is a big source of insecurity and leads to the narrowing of energy channels.
- The stronger your importance and your desire, the greater will be your insecurity.
- Confidence is based on comparing yourself to other people and this is excess potential at work.
- If you want to have confidence you will simply need to reject it.
- The walls of the maze you are in are made out of internal importance.
- Don't walk around the maze trying to get rid of insecurity that's based on your internal importance, because you never will.
- Confidence is like having faith in success.
- The concept of confidence is based on excess potentials and dependence.
- Your thinking goes like this: "I am fully determined and resolute. I am better at everything than everyone else and no one can stop me. I overcome any obstacles and I am stronger and braver than others."
- Chasing confidence is as fruitless as chasing happiness that appears to be somewhere in the future.
- So how do you live without confidence? Transurfing offers a better alternative called coordination.

Coordination of Importance

- Pendulums have made you believe that you don't get anything you want unless you beat out your rivals and to do that, you must have confidence.
- But to pendulums your freedom of choice is devastating.
- If everyone went around taking what was theirs without a struggle, without energy, without creating obstacles, then pendulums would lose everything.
- Awareness and intention allow you to ignore pendulums and get what's yours without a struggle.
- When you have freedom from struggle, there is no need for confidence.
- Confidence has one source: importance. What you need instead of confidence is simply coordination so that you will not fall.

- If you have no importance, you have nothing to defend and nothing to conquer. There is nothing that is of excessive significance to you so your world is not distorted by excess potentials.
- You have no need of struggle so you simply move with the flow.
- Because you have freedom of choice, just calmly go and take what is yours.
- This is no shaky confidence but instead calm and composed conscious coordination.
- If there is no internal importance, then there is no need to prove anything so you can feel calm.
- You no longer have to believe in all your virtues in order to raise your self esteem because as of now you will be rejecting the struggle for significance. That will be left up to other people who are slaves to pendulums.
- When you live a Transurfing life, people will start treating you with respect and your significance will be increased in their eyes.
- As everyone's opinion of you grows, your opinion of yourself will improve.
- You have nothing left to defend.
- Insecurity and confidence suck the energy out of you because of all the distress and anxiety they require to be maintained.
- When you drop your internal importance and no longer struggle with the flow of variations, obstacles will be eliminated on their own.
- You only need coordination to move with the flow.
- Energy that used to be spent on maintaining excess potential's will now be directed at maintaining balance.
- Act in whatever way you can without straining yourself or insisting.
- Get pleasure from thinking about your goal as if it has already arrived.
- When you are consciously moving with the flow, everything will fall into place without any extra effort on your part.
- Instead of faith, you will have knowledge and the fear of the unknown will turn into joy.
- Listen closely to the wishes of your soul and live in agreement with what you believe.
- Your personal belief is "I love myself, I accept myself the way I am and I no longer suffer from guilt. I act by the wishes of my soul and mind without hesitation."
- Your beliefs or credo does not take shape through struggle or strong willed actions.
- Your credo will come to you as you live calmly without insisting or trying to take what you insist on.
- You stopped the struggle for your significance and you stopped taking on guilt so you will get what is considered to be genuine confidence. A calm inner power called Coordination.
- Calm coordination doesn't require confirmation or proof.
- You are not comparing yourself to anybody else and you are in total balance with your soul.
- Balance is obtained when your soul and mind are unified and you do not feel guilt, dependency, superiority, obligation, fear or worry.
- You live in harmony with the world and in harmony with yourself and according to your credo. It is the only way to have genuine confidence which is coordination.

- Coordination grants you freedom from pendulums and allows you to move independently where you get what you want.
- Keep visualizing the slide of your goal without thinking about the means and wait until external intention opens your door.
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- If you believe life with pendulums is a battle, you will lose that battle.
- You can't defeat a pendulum in a battle.
- A pendulum is just a clay dummy and it plays a game by its rules.
- Pendulums lie in wait for you every time you feel your coordination and they try to get you off balance.
- When you are calm, happy and balanced a pendulum will set up something to provoke you such as unwanted situations or receiving bad news.
- According to the pendulum's plan, you are supposed to be worried, scared, despair, lose your spirit and show dissatisfaction and annoyance.
- Wake up and remember!
- The pendulum game is trying to catch you!
- Immediately drop importance and do it consciously so the pendulum falls to nothing.
- You can only break the rules of the pendulum game if you are awake.
- When you defeat pendulums this way, the energy of the pendulum which was intended on provoking you, goes toward making you stronger and this additional strength will appear in you as a very nice feeling.
- Don't get angry with the pendulum game.
- It's always just a game.
- You play with the pendulums in a conscious and fun casual way.
- When you break the rules of the pendulum game and maintain your balance, and clay pendulum dummy falls apart.
- If your importance is zero then there is nothing to fear because there is nothing to defend and no one to attack.
- You have no need of firmness in your battle with the pendulum. That's because emptiness is far more efficient.
- Words like "invulnerable, nerves of steel, iron will, steadfastness, endurance, self-control all imply tension and the readiness to fight back.
- All that energy you participate in would be fed to the pendulum, sucking the life out of you and making the pendulums stronger.
- But if you are empty there is no need to maintain any battle.
- There is no energy being spent. Keep in mind the rules of the pendulum game and consciously maintain your importance at zero.
- The need to keep your importance at zero should never grow into a combat readiness to and reflect any attack.
- Don't attach excessive significance to the pendulum game. Relax and be yourself.

- The game should be fun and you should show the most indifference possible and lose any caring about the pendulums effort.
 - If the pendulum manages to grab you and you lose, are taken over, there's no big deal about that. Just admit your mistake with the pendulum and the next game will be yours.
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 - If you are trying to quit some bad habits by telling yourself "This is it, this is the last time", it is not you talking. This is a pendulum that has captured your thought radiation so it can impose thoughts on you.
 - Trying to convince yourself that you will do this one last time and that will be it, is simply a pendulum controlling you.
 - Wake up and shake off the delusion because this is a pendulum speaking.
 - Be aware of this fact and it will help you to indifferently give up the bad habit, not decisively, but in total indifference.
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- As soon as God made himself known to people, pendulums instantly brought religion under their control.
 - The first of the 10 Commandments states that I am the only God. This requires a person to believe in the existence of one God ruling the entire creation.
 - People immediately broke this commandment and created lots of religion pendulums.
 - People allow themselves to be submitted to pendulums of religions.
 - Though these people are so sincere, they are in the power of a pendulum.
 - Do religious wars and religious conflicts please God? Of course not!
 - The second commandment says that you shall not make for yourself an idol in any form that is in heaven or on earth and this was spoken about pendulums. That's because pendulums submit their followers to their will and makes them act in the pendulums interest.
 - Love God in you and in others without worshiping pendulum's. This is what the Commandments urge you to do.
 - The most important thing here is awareness.
 - Turn a deaf ear to negative information because behind that information, there is a negative pendulum.
 - Do not let pendulums carry you away.
 - Your task comes down to consciously breaking the rules of the pendulum game so either drop importance or make the pendulum fall through into emptiness and indifference.

Stopping the Battle

- There is no fight to achieve your goal because all you need to do is to be determined to have.
- Allow yourself to have and you can start calmly moving your feet in the direction of the goal.
- Pendulums make you believe you're not perfect so you must change yourself.
- Battles involve tension, struggle, discipline and you must always be prepared to fight.
- The mistake is the belief that you must fight for your freedom.
- They convinced themselves and others that you need years of painstaking work and struggle.
- The Transurfer takes no part in the battle for freedom because he knows he has freedom already.
- Discipline is not required. Awareness is!
- Allow yourself to have, here and now.
- That does not mean your goal materializes in the physical world immediately but I am talking about the intention to have. Contrast this to the effort to fight. Your determination to have contains far more power than your determination to act.
- Let yourself be completely ready to have. When you are ready to let yourself have, you will take no part in anyone's battles.
- When you know that what you have is already coming to you, external intention finds a way to get you what you want.
- Let yourself have... Unconditionally and without reservation.
- Not sometimes but all the time.
- Continue to allow yourself to have and then one day it will arrive.
- For those who were born into wealthy families, the ability to have is already present. They don't have to think about it.
- If you were not blessed with this family, you will have to work with a slide.
- By watching that slide you will not be thinking about the means of achieving the goal because that leads you to struggle and to nowhere.
- See yourself having the goal and doors will open.
- Your choice is an unbreakable law: you are shaping yourself a reality that belongs to you.
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THE SUPERMARKET EXAMPLE: The process of choosing a new track in the space of variations can be illustrated with the supermarket example.

- You arrive at the Space of Variations Supermarket and the clerk asks you this question: "What would you like?"
- You say: "I want to become a show business star."
- The space of variations supermarket clerk replies: "No problem. Here is an excellent copy, just for you. World fame, fortune and all that goes with it! Will you take it?"
- You are surprised: "Well, um... It's definitely not easy. Only a few people achieve success. These chosen ones possess unique talents and I am just an ordinary person."

- The clerk shrugs: "What have your talents got to do with this? Here is your merchandise. Take it, it's yours!"
- You respond: "Actually, it is hard to get anywhere in show business and it's a jungle. There are big shots in that business like you wouldn't believe!"
- The clerk answers: "Fine, here is a big shot that will promote you. Take it, you won't regret it!"
- Your reaction: "All these stars have such luxurious homes, expensive cars, big time society. Could all this really happen to me? It's kind of hard to believe in..."
- The supermarket clerk replies: "Well, it's too bad. In that case we can't help you."
- The clerk takes the merchandise back behind the counter.
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- Never force yourself to have.
- Do not play your slide goal by force.
- You don't need to try that hard or do it forcefully or push at all.
- Simply enjoy yourself by thinking festive thoughts. Nothing is important for you anymore. Now you need careless determination. Relax, loosen your grip and bear in mind that you are simply taking what is already yours.
- You are walking to the newsstand to get a paper and if there is no newspaper, you're not upset because you'll go to some other newsstand.
- As soon as you lower your importance all your obstacles will disintegrate and you will no longer need willpower.
- You already have the right to choose so there is no longer a need to fight for anything.
- Here's a silly sounding phrase: "I am fully determined to go to the mailbox and get my mail.!"
- This shows the craziness of following pendulums and their insane ideas.
- You are taking calmly what belongs to you without demanding or insisting
- "After all, I do want it, so what's the problem then? I will have it."

Liberation- Riding Your Bike

- Two things are in the way of letting yourself have.
- First: disagreement between your soul and mind.
- Second: excessive potentials of importance to take up your free energy.
- Your thoughts must come from the unity of your soul and mind.
- The struggle to have is like the hesitation you feel when you were first put behind the wheel of a two wheel bicycle. You know that it is possible but you also know you won't be able to ride right away.
- You doubt your abilities at the same time you are filled with desire to learn.
- Your mind strives to take the learning process under control but your mind doesn't understand how to act.
- That's why three excess potentials are created all at once: doubt, desire, and control. These take away the energy of intention.

- There is no unity of soul and mind nor is there any free energy but then the mind's control weakens and the unity of the soul and mind agrees that balance must be maintained.
- As a result, everything works out just fine. The mind never really got to understand how all this bicycle riding is done but that is the whole point!
- The mind is always thinking about the means, the how. The soul does not think because she is ready to have beyond any doubt.
- The mind is ready to have as well but only under one condition, that it is understandable.
- As soon as the grip of control loosens the mind's limiting conditions disappear and that's when the unity of soul and mind occurs.
- Everything happens on its own and the mind has to accept it because it cannot control or impose its will anymore.
- After some practice, excess potentials disappear and the energy of intention is released.
- Riding the bike goes from being a problem to being a pleasure.
- The energy of excess potentials dissolve when you act.
- Keep playing the slide of your goal and visualize the process but also calmly move your feet in the direction of your goal and that will be your action.
- Find a safety net so excess potential will not be created from fear.
- If valuables are in jeopardy then drop excess potential and find a shelter for them or a plan B, an alternative route.
- Doing this will create a life where you have no fear, no anxiousness, no desire, no expectations and no high levels of importance.

The Determination To Have

- Your determination to have will happen in three stages.
- First: constraint that is caused by the unusualness of the situation as you ask if this is really for me. Play your goal slide in your imagination so you are used to the fact that it's possible.
- Second: Delight because at some point you will feel your constraint disappear when you have accepted your goal into your comfort zone and it will begin to seem very real.
- Third: ordinariness. You've constantly been playing the slide of your goal and getting used to it and everything in the slide becomes ordinary. As soon as importance dissolves, the determination to have gained strength so never lose the determination to have and the intention to move your feet in the direction of the goal.
- If you have gone through these three stages, you are on the right track.
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- On your way to having what you will have, you will encounter pendulum driven situations. Wait a moment! Stop! Tell yourself this is just a game with a clay dummy so "Let's play!"
- Get yourself in a positive mood and pretend this pendulum even pleases you.
- Find something positive in the situation because in most cases, any misfortune will act in your favor.

- Thanks to your positive attitude, you will wind up on another favorable branch and avoid any trouble.
- Explain the rules to your mind so your mind will be still and let your soul guide you.
- Each day you have a rough idea how daily events will develop so accept any changes and agree to them ahead of time.
- Act as if everything that happens is exactly what you needed.
- You get dynamic control over changes in any scenario so never complain just because changes were introduced; after all you planned on them anyway.
- Again the secret of coordination is releasing your grip, at the same time taking the situation into your hands.
- By accepting changes, you release control which keeps your attitude fully under your control.

Apples Fall to the Sky

- The Bible says: According to your faith will it be done to you."
- You always get what you are ready to have.
- Your fate has always been shaped in line with each of your personal choices and faith.
- True faith is no longer just faith, it's knowledge. If you must convince and persuade yourself, that is false faith.
- Knowledge is not shaped by facts.
- Let go of your mind's control and direct it at perceiving the smallest signs of the emotional discomfort of your soul.
- If you discovered any discomfort in your soul, don't try to convince yourself anymore.
- Throw the word "believe" out. Replace it with the word "know".
- Once you drop the idea of faith, allow yourself to know that your goal will come to be.
- If there is the determination to have, you will be able to act because the choice is yours to make.
- Any reasoning about the subject from your mind is irrelevant.
- The one thing left to do is get this knowledge.
- Over time, people have gotten used to, and accepted all kinds of incredible things like telephones, TV's and airplanes.
- Your job is not to persuade yourself. Instead it's to remind yourself that you know the goal is already coming.
- I can choose. That's why I know. When there is no faith, but only knowledge, then doubt can't exist. Christ did not feel particular delight when walking on the water because to him it was as natural as walking on the ground. It was ordinary.
- In the same way people once believed that iron ships cannot sail on the water, let alone fly.

- But iron ships sail on the water and fly in the sky but no one is discussing that it can't happen anymore.
- Imagine Apples falling to the sky instead. It will be very surprising at first but eventually you will accept it.
- With Transurfing I am working to destroy the stereotypes of the typical worldview to break you free from the box of conditions created by pendulums. In that way you will wake up to the dream your soul is dreaming inside.
- Act and you will see it happen. When you see that Transurfing is really working and you will suddenly know.
- Play the slide of the goal in your imagination and move your feet in the direction of the goal.
- This is not an empty dream but specific work to tune your thought radiation to the sea of variations where the slide will come from.
- Live inside your slide and get used to the slide and the goal that are already reached.
- We live in a world where people ride bicycles but if we lived in a world where everyone was flying, you would begin flying as well.
- So if you make a big mistake and suffer failure, then be happy because you are well on your way to success.
- Remember this: You have the freedom of choice so you can say to yourself: "I do not want and I do not hope – I intend."

Forward To The Past

- Transurfing requires effort and patience because results do not come immediately.
- It takes time to get from the sea of variations through matter to your present-day life.
- Imagine from the very center of your body, two horizontal arrows are going out.
- They are in opposite directions.
- One is directed forward and the other backward. The arrows go out of your body 12 inches.
- Now in your imagination, turn the arrows at the same time by turning one up in front of you and the other behind you down so they end up standing vertically along your spine and you will immediately feel how the energy flows became noticeably boosted.
- Do this exercise both standing and walking as if you are turning a key that activates the central flows.
- The point is to imagine you are being filled with the flow of energy.
- It doesn't matter that you do not feel it but with practice, you will feel a real sensation.
- Perform this when you are walking somewhere.
- You will feel a sense of relaxation and lightness.
- Do this whenever you want to get into a state of relaxation quickly.
- Turn this key many times during the day and notice how it releases tension.
- The second element is visualizing the slide of your results.
- I recommend you constantly pay attention to the state of your desire. As soon as you catch yourself wanting to get a result, take a break and start over.

- Perform this only once in a while for pleasure and curiosity.
 - Moving toward your goal is the same as going back to the past when ice cream was delicious, hopes were colorful and life seemed joyous and promising. Be encouraged because the past is before you!
 - Obtain your freedom. Stop the battle.
 - Once you've left the field of battle. There is nothing more to hold on to you.
 - The world is like a mirror that reflects your attitude towards it.
 - When you are angry with the world, it turns away from you or when you fight it it fights you. When you embrace the world it moves towards you with all of its gifts.
 - In the past, you used your freedom to take part in a battle.
 - No one can make you battle anything.
 - They can only make you believe there is no other way.
 - You will gain your freedom when importance and significance and need and anxiety and hope and fear and faith and frustration and desperation have all disappeared. Then you are free.
 - You are making a choice to be free from pendulums.
 - You set the rules of the game and your game is simply to break the pendulum rules.
 - Place your slide of your goal in your mind and keep visualizing the process in your imagination while you calmly move your feet in the direction of your goal.
 - You don't need to change yourself anymore.
 - Every day you will have a sense of quiet happiness as you continue realizing that you are moving toward your goal.
 - Not even balancing forces can darken your quiet happiness.
 - You are now conforming with the principle of coordination and you will see life as a celebration no matter what happens and that is how it will be.
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- Make Transurfing your way of life and you will achieve the level of awareness you need. It's like fascination of playing with a mirror.
 - The world is the mirror of your attitude towards it.
 - By comparing your attitude with the reaction of the mirror, you are teaching your mind a simple truth: with your intention, you are shaping the layer of your world.
 - No matter what is going on in your life, keep the goal slide in your imagination and follow the principle of coordination and the flow of variations will carry you to the goal.
 - Familiarity will turn to realization as a result of your practice so don't expect instant results. Your intention will make everything work sooner or later.
 - All of us are lone wanderers in the infinite space of variations.
 - Our Transurfing lights are a flicker of hope for the tired wanderer making his way through the darkness of false limitations and stereotypes.
 - Make use of your right to freedom of choice and you will hear the rustling of the morning stars and your apples will fall to the sky. –Vadim Zeland–