

“OS - I AM”

**An Operating System
for Human Consciousness**



**The Secret
Behind “The Secret”**

by Chanara Casey Richmond

This book is dedicated to
my Inner Guidance.

“OS – I AM”

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“OS – I AM”

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CHAPTER 1 - THE ELUSIVE MYSTERY OF MANIFESTATION

WHY DOESN'T THIS WORK?

We create our own reality. This has been explained to us over and over in many, many ways. We all understand it. The theory makes perfect sense. Quantum physics supports it. Even mainstream science requires double-blind studies to validate research because it's been proven that the perception of the observer affects the results of the experiment. Clearly, our consciousness affects reality. This is common knowledge.

And yet in practice, for many of us, our attempts to manifest our desires appear to be dubious at best. Why? We're following all of the various trainings perfectly. We decide what we want. We write it down. We visualize it clearly. We make our vision boards. We do our affirmations and Sanskrit mantras. We feel it, as if it is already manifested. We charge the vision with our heartfelt joy. And still, the desire doesn't manifest.

Then we think perhaps the solution is to let go of the desire. So, we do our rituals. We burn the written statement of our desire and we forget about it. It probably wasn't meant to be anyway. Free at last, we move on. Then life happens, circumstances occur, and the desire returns. There it is again, staring us in the face. Clearly, letting go didn't work either.

Perhaps it's a matter of timing? There must be some reason why this desire doesn't go away. And after all, we did forget to specify that we wanted it in THIS lifetime. So, we tweak it a bit and steadfastly persist, building the momentum, year after year, until our "manifestation process" becomes a sacred daily ritual, one that we genuinely value and enjoy. And why not? Even without the physical manifestation, the feeling we get from imagining the dream fulfilled is so wonderful it's worth the time and effort. Still, we wonder, "Why doesn't this stuff work? What am I doing wrong?"

Then we decide the problem must be in our subconscious mind. We explore hypnosis. We try subliminal programming. No results. We undergo past life regression and release lots of unresolved emotional issues. We learn how to recognize and eliminate

bogus belief systems. We learn wonderful and effective techniques to access and transform our childhood preverbal conditioning. There's no question that these amazing processes greatly improve the quality of our lives and our sense of well-being. But the desire still doesn't manifest.

Clearly, the people who are teaching us the art of manifestation are sincere. Their techniques must surely work for them. So the only logical reason why these techniques don't work for many of us must be because these teachers are doing something that is not being conveyed in their books. Something that they don't even realize they are doing. Something that is so natural to them, they assume it is common in everyone. Something they take for granted.

THE MYSTERIOUS "SOMETHING"

Well, I finally understand this mysterious "something" that they have, this mysterious "something" that they are doing without being aware of it. It deals with our consciousness. Specifically the way that we are using our consciousness, and the way our consciousness is merged with the physical realm. If you think this concept sounds a bit too esoteric or too difficult to actually accomplish, relax. Learning how to control your consciousness does not require hundreds of lifetimes. And you don't have to be an Ascended Master to do it. There is now a method, a formula, a technique, a way to use our consciousness that allows us to access Universal Consciousness and bring it into the physical realm. This technique is called "*OS – I AM*."

"*OS – I AM*," the ability to consciously access Universal Consciousness and merge it with the physical, is a technique that not only manifests desires, it transcends them. The exploration of this state of being, this way of using our consciousness, is fascinating beyond measure. It is a whole new way of being, a whole new way of interacting with life. And when we are in this state, it not only affects us, it also has a visible affect on the people around us. They treat you differently. Using "*OS – I AM*" consciousness can even heal our deepest wounds. Does this sound too good to be true? Read on.

IT HEALED MY GRIEF

The death of my beloved husband in 2009 was without a doubt the most devastating experience of my life. But in addition to my loss and suffering, I have received invaluable lessons. I have gained insights that have been profound, life changing and empowering. The one thing I was never able to get past was the loss of Jim's physical presence. The touch of his hand made me feel calm. This experience was mutual. When we touched, a current of energy flowed between us that nourished us, recharged us and washed away the cares of the day. Consequently, when he died, life became very difficult. And even though intellectually I realized that life was actually no more difficult than it was before I knew him, way back in those days I didn't know what I was missing, so the difficulty was accepted as being normal.

I had always known that one of the reasons Jim had come into my life was so that I would learn how to love and be loved. I knew he was a blessing, and a very vital step in my spiritual journey. When he passed, it seemed clear that my next step, my only option, was to go deeper into my consciousness. The loss of this energy exchange was unbearable. I felt like a picked flower, slowly, gradually dying. It eventually dawned on me that perhaps the lesson that I was being offered was the opportunity to seek and find this energy exchange from a source that can't die. Was there a way to **let life itself love me** the way that Jim did?

When I first started practicing "*OS – I AM*," I was observing the experience of "hanging out" in this state of consciousness, when I noticed that it was similar to the feeling that I had when I was with Jim. Granted, the sensation was much weaker, but it was definitely the same calmness, the same feeling that everything is going to be all right, the same effortless giving and receiving. As I continued to practice "*OS – I AM*," this sensation became stronger and stronger until it was, and is, fully equal to the nourishment I used to receive from my Beloved. Now, when I fall asleep every night, I go into "*OS – I AM*" consciousness and I am bathed in love and peace. It feels like I am living in a Rumi poem. "*OS – I AM*" has given me this experience.

INSIGHTS

I have been given many Insights over the course of my life. These “understandings” come into my mind, often when I’ve been trying to solve something. The experience is vivid and memorable. The information comes all at once, it lasts only a moment and feels more real than physical reality. And while it’s clear to me that I don’t create these Insights, I always do my best to implement them. Generally, after I receive an Insight I work with it for a couple of years before I start teaching it. It takes a while to embody the practice and “walk the talk” before it can be imparted to others as an ordinary, natural part of life.

MY “*OS – I AM*” INSIGHT

In reflection, I realize that there were several Insights, over a span of 33 years, that brought me to the place where I could receive my “*OS – I AM*” Insight. I received the first Insight in 1980. The second Insight came in 1992. And the third came in 2002. Each of these Insights became an integral part of my professional work. From them, I developed practical techniques that I have taught to hundreds of people.

Then, one morning in April 2013, upon waking, the Insight about “*OS – I AM*” came to me. Like tumblers in a lock, I saw how these previous Insights, these techniques, these ways of using consciousness that I had been teaching for years, were actually pieces of a larger puzzle. And when we combine these techniques, our physical, emotional, mental and spiritual reality alters.

Without realizing it, I had been doing “*OS – I AM*” long before I received this Insight. In fact, this is the very reason I stopped singing opera. By profession, I am a singer, voice teacher and performance coach. I used my Insights to develop consciousness techniques that enhanced performance. And they work. By mastering these skills, anyone can create memorable, dynamic presentations. Before my “*OS – I AM*” Insight, the only time I combined these techniques, the only time I had a reason to

combine these techniques, was when I was on stage. Lo and behold, the on-stage drama started manifesting off-stage.



You probably know that the vast majority of opera arias are about pain and suffering, hate, fear, lust, revenge, murder, deception, unrequited love, suicide, grief. (You get the picture). When I focused my attention on these thoughts, feelings and words while unconsciously combining the elements of "*OS – I AM*," I started creating the same mini-dramas in my real life. The on-stage/off-stage plots were so similar, the cause and effect was so obvious, that I decided to stop singing opera. The laws of manifestation were clearly functioning with textbook perfection in this situation. So why didn't they work

with my desires? Because when I was trying to manifest my real life desires, I was not using my consciousness in the same way that I was using it on stage.

TEACHING “OS – I AM” CONSCIOUSNESS

When I received this Insight about “*OS – I AM*,” I was able to teach it to my students immediately because they already knew how to do each of the separate techniques. They got it. And the change was dramatic. Those who have not had my training need to learn how to do each individual technique first, before they can combine them and experience “*OS – I AM*.” These skills are achievable. I have taught them for decades and have not met anyone that cannot learn them. Almost everyone tells me they are life transforming.

I will teach these consciousness techniques in the order that they were revealed to me. But first we need to discuss consciousness.

CHAPTER 2 – CONSCIOUSNESS

DEFINITION

Before we can effectively communicate, we must first establish a common understanding of the concepts we are discussing. Since I don't know what the word "consciousness" means to you, and since you don't know what the word "consciousness" means to me, let me describe my perspective so we can be sure we are on the same page.

Consciousness is a vast, unexplored topic for which there is no empirical data. It can't be observed or measured using 3-dimensional devices. (Although the small change in body weight that occurs at the moment of death is a hot topic).

We know that **consciousness is not limited to the brain and body**. We can create a very vivid, distinct, specific experience of sitting on a huge granite boulder on a hot day, listening to the magical sound of a babbling brook as its cool, clear water flows over our bare feet, with birds chirping, dragonflies darting and the sunlight sparkling off the leaves of the beautiful tree above us, all while our physical body is sitting at home in a chair. Are any of our body's physical senses functioning while we are having this experience? Do we smell, taste, touch, hear or see anything that's going on in the room where our physical body is? No. Why? Because our consciousness isn't in our physical body, it's somewhere else.

We also know that **consciousness is not limited to time and space**. Now that NASA has definitively proven Einstein's theory of gravity, we know that space/time is, in fact, the **fourth dimension** and that all points in time and space are connected. (http://science.nasa.gov/science-news/science-at-nasa/2011/04may_epic/) Which, in plain language, means that mainstream science now understands how consciousness can, and does, travel anywhere in the universe, including the past and future. It has now been proven that everything is connected. Of course, we all experience this elasticity of consciousness every moment of every day. When we relive an experience, our consciousness goes into the past. When we plan a trip, we project into the future. This experience is so ordinary, normal and natural, we don't even realize we're doing it.

We also know that **consciousness is contagious**. We've all seen news footage where one hysterical person triggered a mob to stampede. And we've seen how the consciousness of one brave pilot kept everyone calm as he landed his plane on the Hudson River. The Transcendental Meditation movement has 40 years of data on how meditation affects crime rates in the community at large. We are all influenced by the consciousness of the people around us, the music we listen to, and the entertainment we watch. Laughter makes us laugh. Suffering makes us cry. Anger breeds anger. Peace evokes peace. Food commercials get us to eat, even when we're not hungry. The Support Tools page of the www.os-iam.com website includes a scientific study that proves the power of distant prayer, along with two music videos that clearly demonstrate how sound affects the aura. Consciousness is contagious.

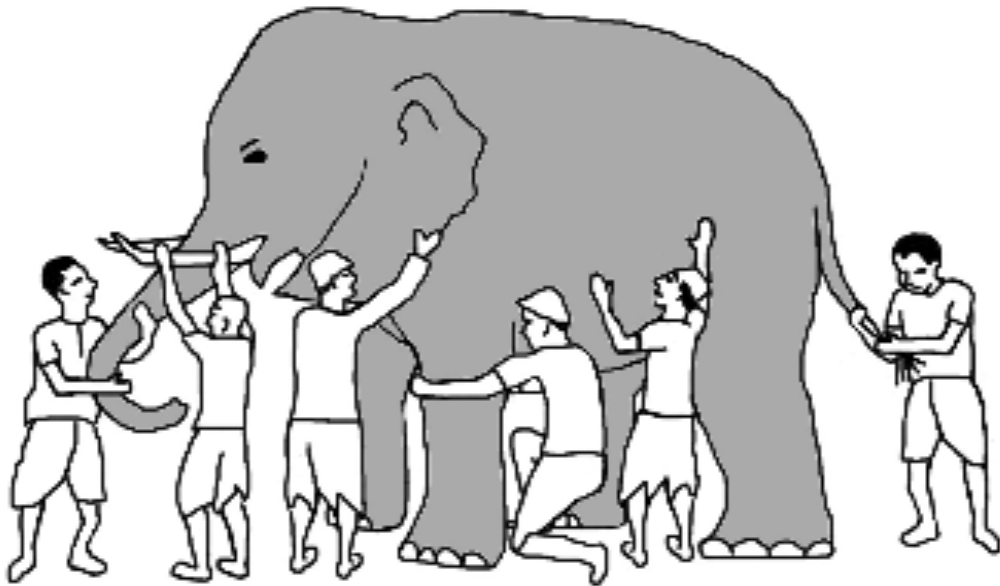
When describing consciousness and things that can't be observed or measured using three-dimensional devices, words can be a challenge. Some of the many words that have been used to describe different aspects of consciousness are: mind, intellect, thoughts, rational mind, subconscious mind, left brain, right brain, emotional body, mental body, ethereal body, pain body, ego, intuition, imagination, Higher Self, The Force, Source, Universal Consciousness, God. The list is endless.

INTELLECTUAL BELIEFS VERSUS EXPERIENTIAL KNOWING

The confusion surrounding all these words is understandable, not only because people use them without defining them, but even more significantly, because **words are intellectual concepts and consciousness is an experiential state of being**. Quite often the rational mind hears something and interprets it a certain way. It works diligently to do what it thinks it needs to do, but the actual experience is different than the concept that exists in the rational mind. Here is an example. Three words I use a lot in my training are "easy - feel good." One day, a student who had been studying for 3 years, came to her weekly lesson and, lo and behold, her voice was totally free. I asked her what she had done differently and she said, "I realized that if I just sang the song with ease and made it feel good that it sounded better." She spoke these words as if she had discovered this on her own. I was amazed because I had said those words to her over and over,

hundreds of times. But when she had the actual experience, it was so different from her concept of what she thought those words meant, she did not even remember that she had ever heard them.

The difference between words and experience is the same as difference between believing and knowing. We all believe many things. But once we have experienced something, we know it. Granted, we might have only seen part of the whole picture, like the parable of the six blind men describing an elephant. The first man who is touching the nose says, “An elephant is like a great hose!” The second man who is touching the tusk says, “No, no, the elephant is like a great spear.” The third man who is touching the ear says, “What are you talking about? The elephant is like a fan, waving in the wind.” The fourth man who is touching the a leg says, “Not true. The elephant is like a great tree.” The fifth man who is touching the body says, “How can you say that? Clearly the elephant is like a thick, strong wall!” And the sixth man who is touching the tail says, “You’re all wrong, the elephant is like a strong rope.”



This parable demonstrates how our experiences might be only a small part of a larger whole. And it is a reminder to us to always keep an open mind. There is always more we can learn from another person’s perspective.

Nonetheless, once we've experienced something, it's no longer something that we believe, it's something that we know. Consequently, we can often become very confident and sure of ourselves. Other people's beliefs do not sway us. In fact, it's very amusing when our *experience* contradicts what someone else *believes* and they actually tell us that we didn't experience what we experienced. Yes, people really do this. What can you say? "*Yes! And the sun is the moon!*" (Shakespeare, *Taming Of The Shrew*) Then, as you walk away, they proceed to tell you that you have a closed mind. Don't take it personally. Regardless of what it looks like, I think most people are doing their best. That's a belief, by the way.

There's nothing wrong with beliefs. We all have them. They are unavoidable. However, they are often inaccurate. People believed the world was flat for a long time. Once we discover a false belief, it can be changed in an instant. On the other hand, experiential reality cannot be changed. You experienced what you experienced. You know what you know. Even though you might have only seen part of the whole picture, you still know what you know. So, it's important when exploring consciousness to keep a clear distinction between the things that you BELIEVE and the things that you KNOW. "*To thine own self be true.*" (Shakespeare, *Hamlet*) Trust your experience. And don't forget our parable. The picture might be bigger than we realize. Stay open.

DIFFERENCES IN PERCEPTION

Another thing to realize when working with words is that even when we agree on the definition, **everyone's perceptions are different**. Perceptions are as unique as fingerprints. Two people could be looking at a blue sky. And even though they both agree that the color of the sky is blue, there is no way of knowing if they are indeed seeing the same color. In fact, it's probably more likely that they are seeing different colors, and are just using the word "blue" to describe the color that they are seeing. Ten people witnessing an event will afterward describe it ten different ways. In one of my performance training exercises, I have students make a list of performers that they admire and why they like them. They will often list the same person, but the reasons why they

like that person are always different. Always. Our uniqueness of perception makes life interesting, but it can also make communication challenging.

NONVERBAL COMMUNICATION

From the Mahabharata to modern day, people have been doing their best to write down their experiences and understanding of consciousness. They attempt to describe the indescribable. They even invent new words. Communication about this topic is a daunting task. James Borg, author of Body Language, claims **ninety-three percent of all communication is non-verbal**. I think he's right. Considering all of the challenges inherent in written words and verbal communication, non-verbal communication is the best means we have to effectively understand each other. But I also think this non-verbal communication comes from more than body language and paralinguistic clues, as he suggests. I think **non-verbal communication comes from consciousness itself**. Body language can explain the non-verbal communication that occurs when there is physical proximity, but it doesn't explain the non-verbal communication that happens between a reader and an author, where there are only words with no body language at all. We can read a book and have an experience that transcends the words on the page. We've all experienced this.

READING BETWEEN THE LINES

Even though I am not an experienced writer, I have been given this Insight, and I was told to share it with the world. So writing a book seemed to be the best way to accomplish this task. And while I have successfully taught others how to access "*OS – I AM*," I did this when they were in my studio, where I could give them personal feedback. It seems to me that in order to transmit an experiential understanding of how to do "*OS – I AM*" without my physical presence, we're both going to need to draw upon that non-verbal magic that lies in our consciousness. Consequently, as you read, I suggest that you don't get attached to specific wording. The words and semantics are, at best, crude

imagery designed to guide you to an experience. Relax and read between the lines. Read with your intuition. Read with your heart. Look for the experience behind the words.

And for the record, my definition of “**consciousness**” comes from Webster’s dictionary. It is defined as “***AWARENESS. That which is known or felt by one’s inner self.***” Consciousness is not the object of our attention, it is awareness itself. Which brings us to “*OS – I AM.*”

CHAPTER 3 - “OS – I AM”

WHAT IS “OS – I AM?”

“OS – I AM” is a way of using your awareness to consciously merge your mind, body, and heart with Universal Consciousness, and from this state of being, live your daily life. This state of awareness has a direct affect on our ability to manifest our desires. It is easy, achievable and can be accessed on command. So why is it called “OS – I AM?” Let’s break it down.

IT IS AN OPERATING SYSTEM

First let’s look at the OS. The most common use of the acronym OS, is in reference to a computer operating system. One operating system does one thing and another operating system does something else. Well, “OS – I AM” is an operating system for human consciousness. When we use this operating system we can do things that we can’t do when we are not using this operating system.

We need to realize that an operating system is not a destination. It’s a *modus operandi*. It’s like a vehicle that carries us through this journey that we call life. We can drive an old beat up truck, or we can drive a Mercedes. When we are running our life using our rational mind, ego and will power, it’s like driving an old beat-up truck. When we are running our life with our mind, body, and heart merged with Universal Consciousness, it’s like driving a Mercedes. The journey in the truck is much different than the journey in the Mercedes. The Mercedes is more comfortable. It has air conditioning and people definitely treat us differently than when we’re driving that truck. Either way, we’re going to be driving something. Our consciousness exists and we are in the driver’s seat. No matter where we go . . . there we are. We can’t escape our own consciousness. We’re the one who makes the choices about our consciousness. The way we use our consciousness has a direct effect on the quality of our life. We can drive an inefficient old truck, or we can drive the Mercedes sitting next to it. It’s a matter of choosing which operating system we want.

IT IS AN IDENTITY STATEMENT

Now let's look at I AM, the second part of the name. I AM is obviously an identity statement. When we go into "*OS – I AM*," and merge our mind, body, and heart with Universal Consciousness, we experience these different aspects of our consciousness simultaneously. This "merged state of being" is, in and of itself, an identity. In fact, it is a more true, real and accurate identity than when we are expressing ourselves from just our mind, or our body, or our heart. "*OS – I AM*" combines, like facets of a diamond, these different aspects of our being into a whole, creating a new, integrated identity. This gives us a new experience of life, a new perspective, and the words I AM take on a new meaning for us.

It's important to realize that the words I AM are very powerful. Both Wayne Dyer and Joel Osteen have recently reminded us to be aware of how we use the words I AM. Whatever follows those two words is what will manifest in your life. The Saint Germain Foundation's "I AM" Activity has been teaching this since the 1930's. It is also found in the Old Testament when God said to Moses, "*I AM THAT I AM.*" (*Bible, KJV - Exodus 3:14*) Did you hear that reverberate? All points in time and space are connected! We have much to learn about these very powerful words.

IT IS AN ACROYNM

Suffice it to say, "*OS – I AM*" seems an accurate description and appropriate name for this merged state of being. But there is an even deeper layer to this name. "*OS – I AM*" is also an acronym for the four techniques that allow us to experience this state of being. The four awareness techniques that comprise our acronym are: **Observer Self, Intact, Access and Move**. Each technique is something that we learn how to do, consciously and deliberately.

IT IS A FORMULA

“*OS – I AM*” is also a formula. In order to experience “*OS – I AM*” consciousness, we must be able to implement each of these four techniques individually, and then combine them. Here’s the formula:

Observer Self + Intact + Access + Move = “*OS – I AM*”

As you’ve probably already guessed, the Observer Self technique allows you to access mind. Going Intact brings you into full body awareness. Access is a technique for connecting to Universal Consciousness. And Move brings these three through the heart into outer expression and manifestation.

Don’t be concerned if these words don’t make much sense now. By the time you have completed this book, these short, concise words will be a trigger that will allow you to access “*OS – I AM*” on command. The acronym, “*OS – I AM*,” makes it very easy to remember the four elements of our formula.

THE LEARNING PROCESS – FOUR STAGES OF COMPETENCE

Back in the 70’s Noel Burch developed a psychological model for learning called the **Four Stages of Competence** that I think is a helpful way to understand the learning process. The first stage is called “unconscious incompetence,” where an individual is not aware that something exists. He or she does not understand how to do something and does not recognize the deficit, or denies the usefulness of the skill. In the second stage, “conscious incompetence,” the individual still doesn’t know how to do something, but he or she does recognize the deficit, and now sees the value of the skill. Trial and error experiences are key during this stage. The third stage is called “conscious competence.” Here the individual knows how to do something, but it requires concentration and deliberate effort. In the fourth stage, “unconscious competence,” the individual has, through continued practice, integrated the skill to the point where it can be performed while he or she is doing another task. These stages can be observed in all areas of learning, including consciousness training.

Unconscious Incompetence: Clueless.
 Conscious Incompetence: I need to learn this.
 Conscious Competence: I can do it on command!
 Unconscious Competence: Next!

I mention these learning stages so you will have a measuring stick, a way to know where you are in your learning process. When you give a child a bike, some children learn how to ride immediately. And some children take a long time. But no matter how difficult it might be for them, it never enters their mind that they can't ride that bike. Of course they can ride a bike! It's not a matter of IF. It's a matter of WHEN. As you teach yourself these techniques, I encourage you to take this attitude.

My goal regarding this "*OS – I AM*" training is to take you from "unconscious incompetence" to "conscious competence." So, for the purpose of this training, when I talk about "mastering" an exercise, I'm referring to your **ability to do it on command**, i.e., "conscious competence." The journey to "unconscious competence" is something that we each have to accomplish on our own.

WE'VE DONE THIS BEFORE

When it comes to "*OS – I AM*," there is one thing about the Four Stages of Competence learning model that needs to be understood. You see, we all came into this world already in the state of "*OS – I AM*." Babies are in "*OS – I AM*" naturally. We know this state. We've been there before. Then most of us lost it. How? Life happened. Someone or something stepped on our hose and our consciousness got "fragmented." Our mind, body, intuition and heart became separated. Some of us deliberately cut ourselves off from some of these aspects of our consciousness. When it happened, we didn't realize what had occurred and accepted the change as normal. What we are doing now is re-learning "*OS – I AM*," and in this process, the Four Stages of Competence is a helpful model. We are learning to do something consciously that we once did unconsciously. When you re-activate "*OS – I AM*," it is very empowering. You feel whole.

There are people who do “*OS – I AM*” automatically, without being aware of it. They aren’t aware of being in this state because it’s normal and they haven’t had the experience of a fragmented consciousness. Because they are unconscious of the way they are using their consciousness, it is possible that life circumstances could cause them to lose it, in which case they would find themselves in the same boat as the rest of us. That’s where Mastery comes in. Once we learn something consciously, it can never be lost.

GRACE VERSUS MASTERY

Quan Yin, the Buddhist Goddess of Compassion has said, “***Grace is good, but Mastery is permanent. Be grateful for all adversity because it is only through adversity that you can prove (to yourself) your own Mastery.***” These words bring me strength and inspiration. Grace is good. Who doesn’t want grace? It’s fantastic when unexpected blessings just fall in your lap, like presents from heaven. Certainly every Insight that I have ever been given has been a gift of grace. I didn’t do anything to earn them. They just happened. And when we practice gratitude, we see grace everywhere. Life is beautiful and abundant. It just seems right that everything should be easy and effortless. But Mastery requires time and effort. Whether we are learning to walk, learning to drive, learning to cook, learning to read, learning to play golf or learning anything, it all requires time and effort. To master “*OS – I AM*” will require time and effort. I assure you, your efforts will be rewarded. The quality of your life will change dramatically. Life will become a very interesting adventure.

The four techniques that we will learn in this training are as natural as the time traveling we do when we focus on the past or future. We’ve all done “*OS – I AM*” before, and some part of us remembers this experience. Because everyone is different, some people will realize that they already do a technique automatically, without being aware of it, while others will need to spend time and attention to be able to master it. I suggest you read everything first, attempting the techniques as you go along. Then, if there is a technique that didn’t click, go back to it. It’s OK to take your time and experiment. Let’s learn these techniques!

CHAPTER 4 - THE OBSERVER SELF

SELF-AWARENESS

One of the ways human consciousness is different than animal consciousness is that humans have the capacity to be aware of themselves, to be **self-aware**. There is some evidence that whales and dolphins might also have self-awareness, but other than that, animals don't seem to possess this ability. They think. They feel. They act and react. But they are not self-aware. Like animals, we humans also think, feel, act and react, but we also have the ability to observe ourselves thinking, feeling, acting and reacting. In Hindu and Buddhist meditation, this aspect of our consciousness is referred to as **Mind**. But because people also use the word "Mind" to talk about the rational mind and/or intellect, to avoid confusion, I call the self-aware part of our consciousness the **Observer Self**.

DIFFERENCES BETWEEN THE OBSERVER SELF AND THE RATIONAL MIND

The Observer Self is not the rational mind. The rational mind/intellect has beliefs, opinions, desires and agendas. The Observer Self does not. The rational mind/intellect acts and reacts to emotional drama. The Observer Self is neutral. The rational mind/intellect thinks incessantly. The Observer Self is awareness, perception, comprehension, understanding, and the ability to discern without thought.

THE OBSERVER SELF IN EVERYDAY LIFE

The Observer Self is not something foreign or esoteric. It is a normal, natural part of our awareness that we use every day without being conscious of it. When we reflect on our behavior, or on an interaction we had with another person, our awareness effortlessly flits into the past and we relive the actions and reactions of our rational mind and emotions. But as we are doing this, we also have access to another perspective, that of the Observer

Self. The Observer Self watches and observes the experience without reacting. When we look at the experience from the perspective of the Observer Self, we can gain a deeper understanding of what happened.

This also occurs when we travel into the future. We have an upcoming presentation. We prepare. As we rehearse, our awareness projects into the future. We imagine how the experience will be. We have our agendas and desires. We feel our adrenaline, our emotions and fear. But there is also another perspective that is present, our neutral Observer Self. And from Its perspective we can get a sense of how others will perceive us and make adjustments accordingly. Lots of us do this even when we dress in the morning. If we're going to a place we've been before, we access the past. If we're going to a place we've never been, we project into the future and then, use our Observer Self to decide the appropriate attire.

THE OBSERVER SELF AND TIME

The Observer Self exists only in the present moment. Our awareness can go into the past or future, but the perceptions we gain from the Observer Self observing the past or future are always occurring in the present moment. Sound confusing? Not if you remember that all points in time and space are connected. The past, present and future exist simultaneously in the NOW. Don't worry. Understanding time and space isn't important. The fact is, everyone experiences the Observer Self, unconsciously, all day, every day.

THE OBSERVER SELF AND LEARNING

The Observer Self is also present when we are learning something new. "Am I doing this right?" can only be answered from the perception of the Observer Self. Whenever we learn something new, we are fully present in the NOW and our Observer Self is engaged. This happens automatically. When you learn these "*OS – I AM*" techniques, you'll do it through the Observer Self.

Now, since the Observer Self is a natural function of our consciousness, and since learning will automatically cause us to access the Observer Self, why do we need to bother discussing it? Because **sometimes the thoughts of the rational mind/intellect are so overwhelming we have trouble accessing our Observer Self, particularly when we are haunted by memories of unresolved emotional traumas, worried about the future, or under extreme physical fatigue and/or mental stress.** When this happens, we're caught up in the drama. We act and react unconsciously. We can't access the Observer Self, and consequently, we can't learn.

So, to experience "*OS – I AM*," we need to be able to access the Observer Self on command, regardless of what might be happening in our lives. To do this, we first need to be able to recognize it. Then we need a technique that will take us there.

THE INSIGHT

Thirty-three years ago, it was a book that brought my "unconscious incompetence" about self-awareness into the realm of "conscious incompetence." I don't remember the title, but the author simply explained how humans are self-conscious. Although he specifically used the words "self-conscious," he was not referring to being embarrassed in public. He was referring to this part of our consciousness that can observe itself. This concept was all that I needed to get the Insight. I became aware of my own self-awareness from an experiential perspective. Even though I had already been initiated in Transcendental Meditation and had been trained in Silva Mind Control, both of which require the use of the Observer Self extensively, I was not aware of the part of my consciousness that was doing the perceiving, the watching, the listening, until I read this book. My experiences of it were only when it was "in action," when it was mingled with other aspects of my consciousness in outer expression. I was not aware that this aspect of my being could be experienced in and of itself. The Insight I received from this book gave me the ability to recognize my Observer Self.

RECOGNIZING THE OBSERVER SELF

It is a challenge to describe this experience, because it is a non-verbal state of being, but I'll do my best. When you are in the Observer Self you are in the present moment. There is no awareness of the body. There is no sense of boundaries and you feel infinitely expansive. There is a sense of self, of having your own unique perception. There is no awareness of the consciousness of others. There is a sense of stillness. We can sense this infinite field of vibrant potentiality. It feels primordial, like energy before manifestation. The Observer Self is separate from the rational mind/intellect, so there are no thoughts, no emotions, no agendas and no desires.

The Observer Self is not spiritual enlightenment. I would not even describe it as spiritual. For me, spiritual experiences include love, bliss, a sense of Oneness with the Source of All That Is, and often an awareness of light, sound or a scent. Yes, the Observer Self IS present during spiritual experiences, but the ability to consciously access the Observer Self does not trigger a spiritual experience. The Observer Self is a normal, natural function of human consciousness. And while we can block the Observer Self from our awareness and sometimes have difficulty accessing it, we were born in this state, and almost everyone experiences it unconsciously every day.

Now that you have a better understanding of what the Observer Self is, some of you might realize that you already know how to recognize your Observer Self and are able to experience it on command. For others, perhaps this explanation triggered the experience in you. If you're still not sure what the Observer Self is, there are many paths that can help you recognize this part of your being.

PATHS TO THE OBSERVER SELF

Meditate. Meditate. Meditate. There are many forms of meditation that include standing, walking, sitting and lying. The practice of Mindfulness is also a very effective way to experience the Observer Self. Whatever path you choose, whether you focus on your breath, a candle, a mandala, a mantra, the space between the molecules, or simply the act of listening, the goal is always the same: **to be in the present moment, with no**

thought. When you can access and sustain this state, when you have removed all external stimuli from your awareness, it doesn't take long to notice that what remains is the Observer Self. Welcome home. You have experienced the Observer Self. You can now recognize it. You have become “consciously incompetent” on the self-awareness learning curve. The next step is to learn how to access it on command, regardless of our life circumstances.

Meditation is a wonderful practice with a proven history of physical, emotional, mental and spiritual benefits. Whatever you do, don't stop meditating. But there is also a quick technique that allows us to experience the Observer Self instantly.

OBSERVER SELF TECHNIQUE

In a free workshop, Tom Stone, author of the book The Power of How, taught the audience the easiest, fastest, most elegant technique for accessing the Observer Self that I have ever experienced. It's phenomenal. It doesn't require years of meditation and it works, even when we're under stress. I've taught this to many people and as long as they are not under the influence of mind-altering substances, they get it right away. This technique is not included in Tom's book, so I'm very grateful I happened to attend that workshop and can share this with you. Here's the technique. While sitting, close your eyes, inhale deeply, and relax to the best of your ability. After a few breaths, notice your thoughts. Don't try to control them or stop them, just relax and notice them. Imagine them as if they were clouds floating in the sky. Are there just a few, or is the sky totally overcast? Are they moving slowly, fast? What color are they? Keep relaxing into your breath. Then gently zoom out and expand your vision to include all the thought-clouds at once, the whole sky. Notice all the patterns and shapes. Keep relaxing into your breath. Now . . . become the sky. Imagine that you are the sky. Be the sky. This is it. Your awareness is in the present moment, free of thought. This is your Observer Self. Amazing, isn't it?

By the way, if you decide to read Tom's book (which I highly recommend), his name for the Observer Self is “pure awareness.”

Now that you can recognize the Observer Self and know how to access it on command, you just need to be aware of it. As you continue to explore this aspect of your consciousness, you will soon become “consciously competent” and be able to access this state of being faster than you can think the words “Observer Self.” And should life’s circumstances make it difficult for you to experience this part of yourself, you now have a technique that will get you there.

THE OBSERVER SELF AND MANIFESTATION

People can and do successfully manifest their desires without ever being conscious of the Observer Self. This aspect of our consciousness is free of desire. However, in order to perform the other three techniques that comprise “*OS – I AM*” consciousness, we must be in the present-moment, no-thought reality of the Observer Self. This is why the ability to consciously access the Observer Self on command is the first criteria in our journey to “*OS – I AM.*”

CHAPTER 5 - INTACT

THE INSIGHT

I received this Insight at the Great Pyramid in Giza, Egypt. I was in the King's Chamber, singing vocal overtones as part of a sacred ceremony. At one point I could hear seven simultaneous reverberations bouncing off the walls, when suddenly I re-lived a trauma that was the source of a deep core belief that I had been holding in my unconscious mind for a long, long time. This belief was, "God will not protect me." In the midst of my rather dramatic reaction, I mentally heard the sound of laughter and a voice said, "That's right. God will not do for you that which you can do for yourself." And then, a very tactile sensation came over me that I had never consciously experienced before. I became INTACT. Of course, I didn't know what had happened, but it was clear to me that I had changed. How had I changed? Most obviously, I became independent, rather than compliant. Being INTACT changed my priorities. My desires and needs became more important than those of the tour guide. Also, throughout the rest of our tour, total strangers would approach me, asking me questions about spiritual things. This had never happened to me before. It was fascinating.

I have always been an avid reader of metaphysical books but had never read anything that described an experience like this. When I got back home, my students commented on the difference they observed in me. I consulted people who read energy fields and asked them what was going on. I demonstrated going in and out of it for them. They could see a difference, but they didn't know what it was either. Then, during a meditation, my Inner Guidance told me to call this "being INTACT" and to start teaching it to people. So I invented a way to "trick" people into having this experience. It worked. Over the years, I've taught this technique to hundreds of people and have never met anyone that can't learn how to do it.

Basically, you are INTACT when your consciousness is **fully embodied**, when you are aware of your whole body. If you think that because you are awake and functioning on planet Earth you are fully embodied, think again. Our consciousness is constantly coming and going in and out of our body throughout the day. This is a

normal, natural and ordinary thing. Our consciousness leaves our body every night when we go to sleep. It leaves when we time travel and think about the past or future. A lot of people lose body awareness when they meditate or pray. For some, that seems to be the goal. Have you ever come home from work, pulled into your driveway and realized that you had no memory of the drive home? You were not in your body. Your consciousness was somewhere else. At any given moment on any given road, there are a lot of people out there driving on automatic pilot. Now think back on all of the accidents you've had in your life. Were you daydreaming before they happened? How many of those accidents occurred while you were alert and focused? In my life experience, the answer is NONE. Life is much easier and safer when our awareness is fully experiencing our body.

BEING PARTIALLY INTACT

Furthermore, not only can our consciousness be totally separate from our body, we can also be partially embodied. If you've ever had the perception that your feet or any other part of your anatomy is "down there," you are not fully embodied. You're focusing your consciousness in your head. Because our sight, smell, hearing and taste are all located in the head, this is quite common. People who do a lot of mental work have a tendency to live in their head, totally unaware of the rest of their body. Likewise, our consciousness can be focused on a specific part of our body and still not be fully embodied. I'll demonstrate. Right now . . . be aware of your left little finger. Notice. Your left little finger was always there, but you were not aware of it until I directed your consciousness there. Now notice. While you were being aware of the left little finger, were you also aware of your right heel? If you were fully embodied you were.

I have to admit, I am very fortunate to have had throughout my 30 years of teaching a continuous flow of open-minded people who trusted me, and who were so determined to "put it out there" and conquer their fears that they were willing to explore uncharted territory. These courageous people are pioneers in their own right. So why would a singer and performer have any interest in learning a consciousness technique? What would they have to gain?

BENEFITS OF BEING INTACT

Being INTACT transforms both the voice and the performance. Here's how. Your voice is your body and your body is your voice. If your body is tight, your voice is tight. To sing well, your body must be supple and relatively comfortable. In order to relax your body, you must first be aware of it. And when you are aware of your body, you are INTACT. To sing well, you must be INTACT. In performance, being INTACT causes you to be fully present in the moment, which enables you to respond effectively to any situation that arises. You can think on your feet. **When you are INTACT, you feel safe, strong and empowered.** This feeling of safety is vital if you want to express the fullness of your being on a stage. Students are very willing and eager to try anything that will transform stage fright. Also, **INTACTNESS enhances concentration**, making performances dynamic and memorable.

There are other benefits. **Being INTACT is a form of psychic protection.** Have you ever had your feelings hurt, where it felt like a spear went through the center of your body? Being INTACT will not only prevent this experience, it even works after the fact. I was working with a new student. She had a release, which then triggered a fear reaction, which she consequently projected at me. Two hours after she left, I still had that painful spear in my solar plexus. I remembered to go INTACT and as soon as I did, the pain stopped instantly. It felt like it popped out of my body. I have experienced this many times. When someone zings you, you can stop the reaction immediately by going INTACT.

When you are INTACT you respond to people differently. When you are not INTACT, you get your feelings hurt easily. When you are INTACT, **other people's opinions don't hurt your feelings.** When you practice being INTACT, all those people who used to walk on eggshells to not hurt your feelings sense your strength and start telling you what they really think. When this first happens, when they are yelling at you, and you are standing there looking at them and not reacting, it crosses your mind that perhaps by being INTACT you are becoming callous or insensitive. You aren't. You are fully present in the moment, finally having an honest interaction.

When you are INTACT **you are not vulnerable**. I don't share the popular opinion that vulnerability is a highly evolved spiritual state. By definition, vulnerability means: *capable of being wounded, open to attack*. This is the opposite of INTACTNESS. Being INTACT not only protects you while you are being attacked, you are not wounded from the experience, and the entire time **you remain open, sensitive, and perceptive to the other person**. It's very empowering, not just for you, but for the other person as well. Consciousness is contagious. **INTACTNESS changes relationships.**

I should also mention a story told to me by a student about how being INTACT affected her physical health. She was taking medication for anxiety attacks. She had learned INTACTNESS and was integrating it into her singing and performance training. Then one day she felt an anxiety attack coming on and went INTACT. The attack immediately subsided. Others have told me similar stories. **Being INTACT stopped their anxiety.**

INTACT TECHNIQUE

Are you ready to learn this technique? It's easy. You simply

**FEEL YOUR SKIN FROM THE INSIDE-OUT,
as if you were wearing a wet suit that covered your entire body.**

That's it. That's how to go INTACT. You'll need to memorize that phrase. When you're caught up in a reaction, that sentence will help you find your way back. An easy way to memorize it is by writing it down on paper and then repeating it over and over, day after day, until you no longer need to refer to your paper.

Now, let's break this technique down and **walk you through the experience**. We will focus your awareness on different parts of your body and then quickly jump around to different locations. Ready? Wiggle your toes. Feel your tongue. Feel your elbows. Feel your scalp. Feel your left heel. Feel your ears. Feel your back. Feel your nose. Feel your belly. Feel your butt. Feel your face. Feel your knees. Feel your chest. Feel

the soles of your feet. At some point, you will be aware of your entire body at once. Your awareness is now fully embodied. You are INTACT. Welcome home.

In 1985 Ron Howard made a fun movie called Cocoon about light beings from outer space who disguised themselves by putting on human skin. If you want a great visual to feel your skin from the inside out, this movie will do the trick.

THE EXPERIENCE OF BEING INTACT

Notice how this feels. How do you feel physically? The majority of people who are new to this experience of being fully embodied say that they feel heavy. This heaviness is gravity and it is a good way to verify that you are, indeed, INTACT. How do you feel emotionally? Most people like the experience and say that they feel strong, focused, grounded and powerful. However, there are a few people who experience fear when they go INTACT for the first time. Of these people, every single one of them (100%) have shared that they were sexually molested. They are afraid to be in their body. With one man, while I was directing his awareness to different locations in his body, instead of going INTACT, he fainted. Fortunately, once these people experience this unconscious fear and connect it to the past trauma, all of them are determined to go INTACT and reclaim their body.

Like being able to access the Observer Self, some people are just naturally INTACT most of their waking hours without being aware of what they are doing. Generally, these people are movers and shakers. They are very productive and comfortable in positions of power. Often, they use their body as part of their profession. Celebrities are fully embodied when they are in the public eye: athletes, dancers, musicians, performers, actors, politicians, etc. The fact that they are INTACT is part of their attraction. We can feel their strength, confidence and fearlessness. They are always fully present in the moment. In a lesson, when I get to the subject of being fully embodied, these naturally- INTACT people give me a look of genuine confusion. But once I explain it to them, they get it. While they might be INTACT most of the time, they have definitely noticed the behavior of others who are not INTACT.

Sometimes when we learn INTACTNESS and allow our consciousness to fully experience our body, it can be a wake up call. When we are INTACT, we can feel all of the tension in our body. We can feel the fatigue that we've been fending off with caffeine. We can feel all of our excess weight. While this might be a bit disconcerting, it is ultimately a blessing. The only way we can give our body the care it needs is by being aware of what it needs. And the only way we can be aware of what it needs, is to be fully embodied. When we aren't fully embodied, we're unaware of these conditions. They can build up and cause major health problems. If you've ever looked in the mirror and noticed how much weight you've gained, and yet you don't "feel" fat, it's because you're not fully embodied.

BEING UN-INTACT

What are some indicators of un-INTACT behavior? Most obviously, being pre-occupied, anxious, overwhelmed, frustrated, distracted, indecisive, insecure, hesitant, forgetful, clumsy, bumping into things, misplacing things, overly sensitive, overly reactive. Notice. Fear is not on the list. Being INTACT does not prevent fear. It gives us the strength and confidence to face and conquer fear, which is why people appear fearless when they are INTACT. When we are INTACT we have the feeling that no matter what life throws at us, we can handle it.

Many of us are often un-INTACT when we are doing non-stress activities, such as daydreaming, eating, reading, watching TV, or having a conversation with a friend. The list is endless. We can live our entire lives being "unconsciously incompetent" about body awareness. The down side to this is when stress hits, we are blind-sided, caught up in an unpleasant reaction.

But an even greater disadvantage to being un-INTACT is that we are unable to consciously manifest things. Why? Because most of the things we desire exist in the physical realm, and **to manifest something in the physical realm, our consciousness must BE in the physical realm.** The only way we can be in the physical realm is if our awareness is in our physical body, our whole body.

Some people think that because they exercise every day, they are fully embodied. Not true. While they might have been aware of their body during the exercise, our consciousness can travel anywhere in time and space in a fraction of a second. People have told me they are in their body when they are “grounded.” Not necessarily. Your consciousness can connect to the core of the earth using one of your subtle bodies. We will discuss subtle bodies in more detail later.

PRACTICE TIPS

Now that you know how to go INTACT, you need to practice it until you can do it on command. At first, wiggle your toes and jump around to the different body parts until you are fully embodied. If you’re not sure, you’re probably only partially embodied. Can you feel gravity? Once you’ve mastered this and can clearly recognize when you are fully embodied, you can go INTACT by simply thinking the magic sentence, “FEEL YOUR SKIN FROM THE INSIDE OUT ALL OVER, AS IF YOU WERE WEARING A WET SUIT.” Eventually you will be able to do it by just thinking the word INTACT.

I train my students to go INTACT when they inhale. Don’t worry if you keep losing it. Relax. Becoming “consciously competent” is a journey and you’re going to learn a lot about yourself and others along the way. It’s very interesting. Mastery is being able to go INTACT on command. Sometimes it helps to integrate the technique into our daily routine. Make it a habit. For example, every time you look at a clock, go INTACT. When I was first learning to integrate INTACTNESS into daily life, I set my watch to beep every hour, reminding me to go INTACT. The more we can integrate it, the more we will remember to go INTACT when stress arises.

In my training, I generally teach only one major technique per class, which gives people a whole week to explore and experiment with it before we learn a new technique. Be kind to yourself. You can do this.

BEING INTACT AROUND OTHERS

Once we are able to go INTACT on command, the next step is to integrate this into daily life. Many discover that it is very difficult to be INTACT around certain people, like their spouse, family members, an employer and all those people who try to control us. Sometimes when we feel trapped, the easiest way to escape is to just leave our body. It starts as a defense mechanism and becomes a bad habit, like a boomerang that keeps circling back again and again. All the while we are oblivious to the fact that we are caught up in an action/reaction loop. Once we become “consciously incompetent” about our body awareness, and realize the price that we are paying by sustaining relationships that we are continuously trying to escape from, getting out of this pattern is no longer an option. The way is clear. It starts by going INTACT and staying INTACT, no matter what. Then we watch things transform. And they do.

When I was first mastering INTACTNESS, I took a pro-active approach with an unhealthy relationship and made an appointment for a phone call. My goal was simply to talk to this person and stay INTACT. I had always been obedient, compliant and submissive with this person, so to stay INTACT required courage and 100% tenacious concentration. I didn't plan a conversation, which is well, because I couldn't have remembered it anyway. I simply stayed INTACT and spoke from my heart. The conversation that evolved was totally unexpected. Out of the blue, this person became outraged and ended our relationship, right then and there. I knew, and she knew, that she could no longer control me. As you can see, **being INTACT changes relationships**. And even though it wasn't the happy, harmonious ending I had imagined, it was healthy and very necessary.

Being INTACT, in and of itself, is a major game-changer for those who have spent most of their life not being aware of their body. Being INTACT is the second factor in our “*OS - I AM*” equation. Notice that in order to consciously go INTACT, we must use the Observer Self. It's our Observer Self that is fully embodied. This is why being INTACT causes us to be fully present in the moment. Now let's learn the third factor in our “*OS - I AM*” equation, ACCESS.

CHAPTER 6 – ACCESS

“SEA OF INFINITY”

I experience the Observer Self as the essence of my consciousness. No matter what the experience, waking or sleeping, the one constant that is always present is my Observer Self. I had a profound spiritual experience where I was taken to what I can only describe as the “Sea of Infinity.” In this experience, I had no thought, no body, no form, and no sense of time or space. I was seamlessly merged like a drop in the ocean, an infinite ocean of boundless golden-white light, love and bliss. And yet, I was also aware that I was still individuated. My Observer Self still existed.

Since that experience, I perceive my Observer Self as my uniqueness, the essence of my consciousness, the part of my individuality that I believe to be eternal. Having said this, I can also say, without a shadow of doubt, that there is “something” that is greater than the Observer Self, greater than the rational mind, and we all have the capacity to ACCESS this Greatness on command.

From my perspective of the elephant, this “something” is **the Essence of Life itself**. What is this Essence of Life? It can probably be best understood by observing its absence, which occurs in physical death. Let’s imagine a person who, last night, died in their sleep. They are gone. But their eyes are still there. Yesterday their eyes worked perfectly. But today those eyes can’t see. They have muscles. Yesterday they could walk. But now they can’t move. They have a brain, but the synapses no longer fire. They have lungs but they can’t breathe. Their body is there, the same as it was yesterday, but their life force, the energetic Essence that we call “life” is gone. This Essence of Life is the “something” that we will learn how to consciously ACCESS in “*OS – I AM*” consciousness.

This Essence of Life not only controls our autonomic bodily functions, it causes our brain synapses to fire. It causes our eyes to see and our ears to hear. It is that which causes plants to grow and that which creates galaxies. This Essence of Life is the source of the ideas that pop into our head. It is that which gives us Insights. It is that which gives us our knowing. It is that which is the source of our creativity. It is that which

brings us good fortune. It even seems to steer the course of our life. Who among us hasn't had the experience of a tragedy that dramatically altered our life, and then later came to realize that this horrible tragedy was actually a gift in disguise? The third technique in our "*OS - I AM*" equation is learning how to ACCESS this Essence of Life consciously.

While the big leap from "unconscious incompetence" to "conscious incompetence" in anything usually starts with intellectual understanding, the leap isn't permanent until it becomes experiential. I was familiar with the concept of being a drop in the ocean of Universal Consciousness years before I experienced the "Sea of Infinity." My experience of being fully merged with the Source of All That Is, of being undifferentiated while still being aware of my individuality was a non-verbal state. There were no thoughts, no words. In fact, the only way to describe this kind of experience is to come out of it and then verbalize the memory. And while the drop in the ocean analogy is a totally accurate description of the "Sea of Infinity," perhaps there is a way to use our imagination that might springboard us past the intellectual concept and create a non-verbal experience of this reality.

This state of consciousness that we are seeking to ACCESS on command transcends time and space (Einstein's 4th dimension). Consequently, this Golden-White Light, this "Sea of Infinity," must exist in another dimension . . . a dimension that permeates and includes the 1st, 2nd, 3rd and 4th dimensions . . . a dimension that we all experience every day, but of which we are unaware, of which we are "unconsciously incompetent." In order to be able to be able to ACCESS this higher dimension, we must be able to perceive it. Perhaps, like the glimpse of a fleeting reflection in a window, we might be able to intuit this higher dimension by exploring and comparing the differences between the dimensions that we already understand.

Most of us have an intellectual understanding of dimensions and perceive them as something we can measure. The 1st Dimension is length. The 2nd Dimension includes length and width. And the 3rd Dimension consists of length, width and height. And the 4th Dimension consists of length, width, height and time/space. But if we look at dimensions from an experiential perspective, which would be from the perception of

movement, it might impart some comprehension of higher dimensions. Let's explore this through our imaginary magic glasses.

DIMENSIONS

Let's imagine each dimension as if we were a conscious being, moving within the perceptual capacity of that dimension. As a 1st dimensional being, we can move. We are not aware that we are only going in one direction, because we are not aware that any other direction exists. If we were moving on a leaf, and a 3rd dimensional being turned the leaf so we were moving in another compass direction, we might not be aware of the change. But if that 3rd dimensional being knocked us off the leaf and we landed on the ground, we would undoubtedly notice a change, but would not be able to comprehend what had happened. It would be a mystery.

Now, let's be a flat 2-dimensional being, who can consciously move in two directions, length and width. We are capable of perceiving the 1st dimension. And we have noticed that when we block the path of a 1D being, they can't move around us. So we are aware that they are unable to function as we do. However, if we were traveling on that same leaf and a 3rd dimensional being knocked us off that leaf, like that 1-dimensional being, we would experience the event but we wouldn't understand what happened.

Now let's compare those dimensions to our 3D reality, where we have length, width and height. Notice as the dimension increases, our perceptual abilities increase. But also notice that there is a pattern that exists as we move between dimensions.

- 1) Higher dimensions include an understanding of lower dimensions.
- 2) Higher dimensional beings have the ability to recognize the perceptual limitations of lower dimensional beings.
- 3) Experiences that are ordinary, normal and natural in a higher dimension are not understood in a lower dimension due to the perceptual limitations of that dimension.

Just like the 1D and 2D beings, in 3D we have experiences that are common to everyone which cannot be explained. Even though we have meticulously measured time and space, we don't understand our extreme perceptual elasticity in these two areas. Sometimes time passes quickly, sometimes it passes slowly. Sometimes a trip seems short and sometimes the same distance seems long. Why? We don't know. Is there anyone that hasn't had ESP experiences? Haven't you thought about someone and at that very moment they called? Throughout human history, in every culture, there have been people who could explain the past, predict the future and talk to the dead. Lots of us sense when our loved ones are in danger. Many have had experiences with people that have died. None of this can be explained in 3D reality.

However, in Einstein's 4th dimension, where all points in time and space are connected, not only can ESP be explained, it becomes ordinary, normal, and natural. And while the majority of us might be classified as "unconsciously incompetent" when it comes to our 4th dimensional experiences, there are honest, sincere people who can accurately navigate this realm with ease. If you seek a deeper understanding of how this works, [Stalking the Wild Pendulum](#) by Itzhak Bentov offers the best explanation of this phenomenon that I have ever read.

PSYCHIC PHENOMENON

As an aside, I should explain why countless metaphysical texts, including the Bible, warn us against exploring the 4th dimension, which they refer to as the psychic realm. After all, most of us can, and do, perceive this dimension to some extent. They give two main reasons. The first reason is the fact that people can get caught up in the phenomenon, which could distract them to the point that it would slow their spiritual growth. To my understanding, spiritual growth is measured by our capacity to love. Because the advantages of psychic perceptions and having the power to manipulate and control others can be very alluring, this can be a hindrance to spiritual growth. Secondly, the potential of being victimized exists in the 4th dimension just like it does in 3D. The 4th dimension isn't any more or less spiritual than the 3rd dimension is. Like 3D, in order to navigate 4D safely we need to discern the motives of others.

TIPS FOR RECOGNIZING A SPIRITUAL PERSON

I once believed that metaphysical prowess was a sign of spirituality. I was wrong. And in the ashes of my disillusionment I was reminded, “*Ye shall know them by their fruits.*” (*Bible KJV: Matthew 7:16*) And with this, I was given two questions that would help me recognize a spiritual person. These have served me well.

- 1) Does this person empower people, or create dependency?**
- 2) Does this person resonate love, or generate enticement?**

As I pass along these prudent warnings that were given to me, I also want to point out that fears are meant to be conquered. The 4th dimension exists, and since we all perceive it to some extent, it is clearly a part of our being and it is not something to be feared. Follow your Inner Guidance. We’re all here to accomplish different things.

HIGHER DIMENSIONS

Perhaps our little imagination exercise has served its purpose and given you a glimpse of how dimensions exist within each other, and yet how each one is a completely different reality. Because that which we are learning to ACCESS in “*OS – I AM*” is not in the time/space reality of the 4th dimension or any of the lower dimensions, clearly, these experiences must be happening in higher dimensions.

We know that which we are learning to ACCESS in “*OS – I AM*” transcends the 4th dimension because:

- 1) There is no sense of time or space.
- 2) It is a non-verbal reality where there is no thought, only the awareness of being merged with the Essence of All That Is.

I have heard many theories about higher dimensions, and personally, from my “perspective of the elephant,” I can’t validate or refute any of them, other than stating

that higher dimensions do, in fact, exist. Labels aren't important anyway. What matters is the perceptual experience. Suffice it to say, both the Observer Self and that which we are learning to ACCESS in "*OS – I AM*" are in dimensions that are higher than 4D. And furthermore, that which we are learning to ACCESS is not the Observer Self. It is much, much more.

DISCERNING DIMENSIONS

How can we know when our consciousness is in the 3rd dimension? Our experience can be empirically measured. The rational mind is present. We have thoughts and the ability to speak. We are aware that we have a physical body and we can interact with others.

How can we know when our consciousness is in the 4th dimension? The experience cannot be empirically proven (at least not yet), but the rational mind is still present. We have thoughts and the ability to speak. We are aware that we have a physical body and can interact with others. There is an awareness of time. Not clock time, but historic-present-future time. There is often an awareness of being in a specific location.

How can we know when we are in the dimension of the Observer Self? There are no thoughts or words. We have no awareness that we have a physical form. There are no boundaries. There is peace. There is awareness. Our awareness is alone. In this dimension, there is only the Observer Self, our consciousness being conscious of itself. However, don't forget, the Observer Self doesn't just exist in it's own dimension, it is also trans-dimensional. It exists in all dimensions because it is our individuated consciousness and goes wherever we focus our attention. It was there when we imagined being a one-dimensional being. It is there when we ACCESS the Essence of Life. Once we are aware of our Observer Self, the only way we can block it is if our rational mind (a.k.a., monkey mind) is dominating our life. We'll discuss the rational mind later.

How can we know when we have consciously ACCESSED the Essence of Life? Like the Observer Self, there are no thoughts or words. We have no awareness of our physical form. There are no boundaries. But we are not alone. Our unique, individual perception of existence is fully merged with this Essence of Life, which is greater than

us. We are an aspect of it, a facet of a diamond, a drop of consciousness merged with the Source of all consciousness, the Source of all creation. And in this experience, there is peace and there is unconditional love.

It's important to realize that it's not necessary to understand this energy in order to experientially ACCESS it. I don't understand electricity, and yet I use it every day. Remember, when we came into this world, we were naturally connected to this Essence of Life. We already KNOW what this connection feels like. It doesn't require hundreds of embodiments. This Infinite Love is always available. It permeates all the other dimensions. It is always there.

OUR STEP DOWN TRANSFORMER

My first experience in the "Sea of Infinity" was extremely profound. Today, when I deliberately ACCESS this Essence of Life from my ordinary waking consciousness, the power is much less intense. It feels as if it's coming through a **step down transformer**. At this intensity, I can feel it and still function in daily life. It feels normal and natural. Don't be concerned if you don't have an experience like mine. We all perceive things differently. Your experience will be similar enough that you'll be able to recognize it. We were all born connected to this "Sea of Infinity." Of this I am sure. The ability to ACCESS this Essence is our birthright. Everyone can do it, each according to his or her capacity.

So how do we ACCESS it? In order to run an electrical appliance, we need to first plug it into an electrical socket. The electricity is there. It's available. But to access it requires that we do something. We can visualize and repeat mantras and affirmations. We can imagine exactly what it feels like when the appliance is working. But if we don't put the plug into the socket and connect to the power, the appliance isn't going to run. The ACCESS factor of our "*OS - I AM*" equation requires our own efforts in order to connect to that power Source.

CONNECTING TO GOD

Like the Observer Self and INTACTNESS, there are many people who already have the ability to ACCESS this Essence of Life on command. What they are doing can be described in three simple words, “**connect to God.**” These people have an experiential understanding of what this is, how to do it, and they are able to consciously ACCESS this state in less than a second. I am reticent about using the word God because as soon as it is mentioned, the rational mind instantly attaches a whole litany of baggage to it, pulling it away from the experiential and making it into an intellectual concept. I think there are probably as many definitions for the word God as there are people on the earth. However, because these three simple words can, and do, get a vast majority of people to understand and ACCESS this state of being on command, this is the phrase I will be using.

SEMANTICS

Of course, God isn't the only word people use to describe this Essence of Life. Other names include Source, Universal Consciousness, Universal Mind, The Force, Cosmic Consciousness, Divine Mother, Heavenly Father, Higher Self, Inner Guidance. These are just a few. Regardless of the semantics, people who have an experiential knowing of how to “connect to God,” are able to ACCESS this experience on command. Words don't matter. And beliefs don't matter either. It doesn't matter that no two people have the same experience of God. And it doesn't matter that our experience of God changes as we change. To ACCESS this flow of energy, all that matters is the experience, the connection, the merging with this Essence of Divine Love, each according to his or her own capacity in the present moment. All that exists is intrinsically connected to this Source and anyone with the desire to explore consciousness beyond the limits of the rational mind has the ability to access God on command.

THE FEELING OF BEING CUT OFF

Every human being comes into this world connected to God. However, some people have no memory of this connection. The circumstances and events of life cause our awareness to cut itself off from this infinite Flow of Peace. Your parents get divorced. How could God let this happen? Clearly you can't trust your parents, and you can't trust God, so you cut yourself off. This separation doesn't even require a traumatic experience. Consciousness is contagious, so just watching someone whose consciousness is cut off is enough to cause this separation to happen in us. If our parents were cut off, we cut off. When you look at the majority of our "entertainment," it is understandable why so many are cut off.

Of course, no one is really cut off. Our heart beats. Our rational mind is functioning. We exist. So clearly, we are connected to that which is Life itself. But we are unaware of it. We are "unconsciously incompetent." And because we are closed to this Divine Love, the "step down transformer" has to reduce the current to a very small trickle, just enough to keep our body alive. And when this happens, the most obvious symptom we experience is that **we have the feeling that we are alone**. On a more subtle level, we feel unsupported and unprotected. We think we are on our own.

BEING OPEN AND RECEPTIVE

Many people know that they are cut off, but don't know how to open the connection, "open" being the key word. To connect to God, we have to be **open** and **receptive**. We can't make a connection if we are angry, fearful or defensive. Receptivity requires an open mind and an open heart. If you are reading this, you already have an open mind. And if your heart feels closed, the fastest and easiest way to open it is with thoughts and feelings of **gratitude**.

Also, connecting requires a certain amount of effort on our part. If you want to hear your friend's voice, you need to pick up the phone. And when you dial the number, you expect there will be an answer on the other end. Connecting to God is the same. We cut off using our own free will, so re-connecting is something that we have to **initiate**.

And when we open our hearts and reach out to establish this line of communication, we need to **expect** a connection. Don't be concerned if the experience isn't what you think it's supposed to be. The experience will be appropriate for where you are, right here, right now. Be open.

CHAKRAS

Some people need to open their crown chakra before they can ACCESS God. The crown chakra is in the center of the top of our head. If "chakra" is a new word for you, Deepak Chopra gives us a very good description. He says they are "*energy centers that receive, assimilate and express our vital life energy.*" He adds that they are, "*spinning vortices (which) serve as junction points between the body and consciousness, or between matter and the mind.*" He also says that, "*When the flow of energy in one or more of the chakras becomes blocked, we may develop physical and mental illness.*" When our chakras are blocked, all of our perceptions are diminished. There are many books and many different theories available on this subject. My personal preference is [The Chakras](#) by C.W. Leadbeater.



OPENING CHAKRAS USING VOCAL OVERTONES

I open, balance and align my chakras every day using sound. I can clear them in 30 seconds doing vocal overtones. I made an aura video, VOCAL OVERTONES CLEAR CHAKRAS, which demonstrates this. This video is available, free of charge, on the www.os-iam.com website. It's quite impressive. As you listen to it, notice how the overtones affect you. The sound will affect your chakras. Consciousness is contagious.

When this video was first recorded, even though I had always felt the overtones opening my chakras, I was so stunned by the visuals, it motivated me to make another video, a training video, that teaches people how to do this technique for themselves. Over the decades, countless people have paid me handsomely for this training. But, when I saw how quickly vocal overtones affect the aura, I realized this training is so important, so easy, so effective, and the need is so great, that it was time to give it away to anyone who wanted this assistance. This training, LEARN HOW TO DO VOCAL OVERTONE SOUND HEALING, is also available on the www.os-iam.com website. You're welcome.

And for those of you who need more support, there is a 40-minute meditation CD that is very effective for clearing chakras. It uses all organic sounds and includes every element: earth, air, fire, water, metal & wood with vocal overtones and spontaneous singing. It can be downloaded from the www.os-iam.com website. One of the tracks, SOUND MEDITATION – ROOT CHAKRA, is available for viewing.

When I first composed this Sound Meditation CD, I listened to it every night as I fell asleep. And when I woke up in the morning, my spine would be tingling.

There is a story behind this CD. In my life-long quest to explore the healing potential of the human voice I have always offered events that give people the opportunity to experience the healing benefits of non-verbal, right-brain singing. This experience has many names. Some of them are: glossolalia, spontaneous singing, intuitive singing, intentional singing, heart singing, sound healing, singing in tongues, ladihan and toning. Over the years, my events evolved into a world peace meditation, and eventually became the non-profit organization, Tone For Peace, Inc.

Because chakras directly affect relationships, including our relationships with our family, our neighbors, our country, our world and our universe, in order to effectively generate a frequency of peace, our chakras must be aligned, balanced and open. So, I structured the Tone For Peace meditations around this chakra CD. People at the events kept asking me to explain the magic behind the music, so I made a video that explains all the sound healing elements that were used, what they are, and why they affect us. This video, TONE FOR PEACE EXPLAINED, is also on the www.os-iam.com website.

For the record, chakras can also be opened with a crystal. It just takes a few minutes, but usually requires the assistance of another person. Of course, chakras can close just as easily as they open. They close when we experience physical, emotional & mental pain. If they stay closed chronically, we develop illness.

DELIBERATELY CLOSING CHAKRAS

Many people have told me about workshops where they were trained to keep their chakras closed to protect themselves. This is a very unhealthy thing to do. While it's true that open chakras make you more sensitive (like when you were a child), and closed chakras make you less sensitive, this is not the way to protect yourself. Our sensitivity, our ability to sense, perceive and discern is our protection. Shutting down does not protect us.

After we work with our chakras for a while, we develop the ability to feel them and when we notice one is closed, we can open it by simply relaxing it. When a chakra opens or closes it feels very much like a muscle sphincter. A chakra is not a muscle, but it is connected to nerve ganglia and organs. When we consciously open our crown chakra to ACCESS God, the sensation can feel like we are relaxing a sphincter, a sphincter that is located in the center of the top of our head.

CURIOSITY

Interestingly enough, curiosity will also allow you to ACCESS God. When we are curious about something, we are both open and receptive. Curiosity has been given bad

rap. We've all heard the saying, "*curiosity killed the cat.*" That proverb is a fear-based twist on a quote from the 1598 British play Every Man in His Humor by Ben Jonson. In the original version the phrase was "*care will kill a cat,*" where "care" was defined as worry or sorrow. That became "*care killed a cat*" in Shakespeare's Much Ado About Nothing, with the same meaning. No one knows who is responsible for changing the quote, but eventually "care" became "curiosity." My guess is that a frazzled mother trying to control her children must have done the deed. Of course, her offspring quickly thought up the retort, "but satisfaction brought it back." Suffice it to say, curiosity is a very good thing, and the state of being curious will get you open and receptive enough to be able to ACCESS God.

ACCESS TECHNIQUE

If connecting to God is new for you, here's an easy technique. Once you get yourself relaxed, open and receptive, close your eyes and **IMAGINE** what it would feel like to be connected to God. Then **DO IT**. Allow it. Don't project any expectations of what you think it "should" be. Just experience the connection. Explore it. You know this connection. You've been here before. You were born connected. Being connected to God, the Source of All Creation, is our birthright. And as you continue to ACCESS God, this flow of energy will increase.

Like the Observer Self and INTACT techniques, there are people who ACCESS this Essence of Life without being conscious of it. And I'm sure many of them don't even believe in God.

IMAGINATION

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand." – Albert Einstein

Now that our self awareness (Observer Self) is fully embodied (INTACT), and connected to God (ACCESS), we can proceed to the fourth and final factor in our “*OS – I AM*” equation. Let’s learn how to MOVE that glorious Essence of Life through our hearts and radiate it out into the physical world.

CHAPTER 7 - MOVE

HOTEI INSIGHT

I received this Insight from Hotei. Hotei, or Pu-Tai, is the Laughing Buddah that we see in almost every Chinese restaurant. He was an eccentric Zen monk who lived over 1,000 years ago. He is known as the Loving or Friendly One and is the embodiment of contentment and abundance. He protects the weak, poor and children. In most images of him, he is carrying a cloth sack that never empties. When someone was in need, he would pull that which they needed most out of his sack and give it to them. A wandering monk, he went around lifting sadness from people (sort of like a Chinese Santa Claus).



In looking at his statue I couldn't help wondering why he was depicted in that pose, standing with both arms over his head, palms up, fingers pointed inward. Why would anyone stand that way? So, I imitated his posture, with the biggest smile I could muster, to see if I could figure out what he was doing.

After a few minutes I noticed that when I inhaled I filled up with joy. And when I exhaled, that joy radiated out from my whole body. This was wonderful! Of course, we all know that even a forced smile changes your brain chemistry and makes you feel better. And anyone who has experienced Laughter Yoga knows how easy it is for an artificial laugh to become genuine. So the joy factor was not a surprise to me. The Insight was that I became experientially aware of the movement of energy. I became "consciously incompetent" of the energy dynamic that happens with **giving and receiving**.

Why was this significant? Well, most obviously, performers put out a lot of energy. It is very depleting. To have a way to recharge one's energy on every inhalation increases stamina and makes for a dynamic performance. So this had an immediate impact on my performance and the way that I train people.

On a less obvious level, as I continued to practice it, I began to realize that it was spilling over into my daily interactions. It was actually **balancing my ability to give and receive**.

GIVING AND RECEIVING

As a performance coach, I encounter many people who are not balanced when it comes to giving and receiving. Some have difficulty giving and some have difficulty receiving. And every one has a unique and very valid reason why they are this way. This handicap not only affects their ability to express themselves in performance, it is also reflected in every aspect of their lives, especially in their personal relationships. And while they are aware of the problem, they don't know how to fix it. If this situation applies to you, this exercise could change your life.

Here's how it helped me. I am a giver. It is very easy for me to "put it out there" and share with others. And before I received this Insight from Hotei, I thought it really was better to give than to receive. Giving feels so good. And if you can improve someone's life, or make them feel better, that is the greatest gift of all. Who is giving and who is receiving? We both are. Of course, the down side was I also attracted people who saw this imbalance in my personality, and profited by it. Live and learn.

Despite these negative relationship experiences, before my Hotei Insight, just the act of receiving felt downright uncomfortable to me. There was usually a string attached, some sort of expectation. I'd rather not get a gift than deal with the obligations that came along with it.

The day I finally realized that **the source of this discomfort was myself**, I was getting a massage. I confided to my masseuse, "I have never felt loved by another human being. People have said the words, but I have never felt it." She replied, "Neither have I." And in that moment I realized that my problem was my inability to receive. Upon deeper examination, I was able to pinpoint the source of the imbalance (preverbal conditioning), but this didn't fix it. Instead, my behavior polarized and went to the opposite extreme. I started monitoring my giving. I started keeping score. The result was giving became as uncomfortable as receiving.

What a relief it was to find a way to heal this part of my being, to be able to feel this energy for what it was, and consciously allow it to flow through me effortlessly. I could not have been able to heal this imbalance without isolating the energy dynamic, free from the influence of people, objects and my rational mind! Today I don't have a problem with receiving gifts. I love them. I do not take on a feeling of obligation, even when that energy is projected at me. I brush off the strings like cobwebs and accept the gift unconditionally. And my joy of giving has returned as well. Giving and receiving are not an issue for me anymore. This technique will balance your ability to give and receive.

MOVE TECHNIQUE

Are you ready to give it a go? Let's imitate Hotei's pose.

- 1) Stand with your feet shoulder width.
- 2) Raise your arms over your head.
- 3) Turn your palms so they face upward.
- 4) Align your hands horizontally.
- 5) Point your fingers inward.
- 6) Make the biggest smile you can!
- 7) Now gently become aware of your breathing.
- 8) As you inhale, receive, let go and relax. Feel your heart fill up with joy. Don't force it. Just allow it to happen. Receive effortlessly.
- 9) Then exhale, like a sigh of relief, and feel that joy radiate out from your heart. Give effortlessly.
- 10) Do this again. Receive on the inhalation. Radiate on the exhalation.
- 11) When your arms get tired, lower them, let your face relax, and continue to do this with a normal posture. Now sit down and do it.

How do you feel? You have just isolated the energetic experience of receiving and giving, free of agenda. And you have just experienced the MOVE factor in our "OS – I AM" equation.

SIMULTANEOUS GIVING AND RECEIVING

There is an even deeper level to this exercise. You can COMBINE THEM and experience **simultaneous giving and receiving**. It feels great! How you do this is, as you inhale and receive, you also let the energy radiate out through your heart. And as you exhale and radiate, you continue to feel the energy flow into you. It's sort of like circular breathing, but much easier to do. You start to feel like a transmitter. Just

mentally keep repeating the words, **(inhale) “As I receive, I radiate” (exhale) “As I radiate, I receive,”** and feel this amazing energy flow through you.

EFFORTLESS ALLOWING

I need to point out a difference between the way that we ACCESS the Source of Life and the way we MOVE that energy. ACCESS requires action on our part. We must make the effort to connect. And while MOVE is also something that we do consciously, in “*OS – I AM*” it is an act of allowing. It is effortless. When we see the word “move,” we think of effort, and our rational mind/will power/ego immediately steps in to wield power. This Essence of Life that we are moving through us can indeed be powerful, especially when it is fueled by the desires of our heart. But it is different than the power of the rational mind/will power/ego. We will explain this in more detail when we examine the topic of desire.

IMPLEMENTATION

Since I discovered how to do effortless giving and receiving, I do it all the time. I do it while performing. I start my daily meditation with it. I do it standing in line at the grocery store. I do it whenever I’m waiting for anything. I do it when I drive. Basically, I do it whenever my mind isn’t focused on a specific task. I admit, I’m a bit compulsive about it. And surprisingly enough, I have no reason for doing it, other than the fact that it feels really great. That is, I had no reason for doing it until I received the Insight about “*OS – I AM.*” Now I understand that I couldn’t have received my “*OS – I AM*” Insight without having mastered this part of the equation first.

Because giving and receiving energy is a very important part of performing, I’ve taught this technique to hundreds of people and while a few had difficulty doing the advanced technique of simultaneous giving and receiving, everyone was able to consciously receive and give, allowing the energy to MOVE through them. Granted, by the time they learn this technique, they have already completed 6-8 hours of training, they

have seen results, and they trust me. Consequently, they are open and receptive. That being said, I haven't met anyone who can't learn this. However, if you find yourself unable to feel this energy, it's probably because your chakras are closed. The 40-minute sound meditation CD will open them and allow you to feel the energy. Of course, if your chakras have been chronically closed, you'll need to listen to the CD regularly until they relax and stay open. You'll feel so much better. The exploration of our consciousness and energy is such a beautifully uplifting journey.

Once you master this exercise, just thinking the word "MOVE" will remind you to effortlessly inhale this Essence of God into you and radiate it forth into the world.

CHAPTER 8 - MERGE

INTEGRATING THE FOUR TECHNIQUES

Now that we have an experiential understanding of what these words in our acronym mean, we can combine them.

But before these four aspects of our consciousness can be successfully merged, we need to first master each one separately. We need to be able to recognize when we are doing them, and we need to be able to recreate that experience on command. Intellectual understanding doesn't get you there. A thought is not the same as an experience.

MASTERING THE FOUR TECHNIQUES

Mastery requires action. It is something that we do consciously. We need to implement each of these individual aspects into our daily lives. When we truly experience them, we will see results from the very beginning, not just in how we feel, but in how others respond to us. Don't worry about being able to sustain it 24/7. Just being able to do it on command is our goal. A flower bud doesn't open in an instant. The more we do it, the more it will spill over into our daily lives. It's a gradual process.

The process of Mastery works like this. First you master each exercise when you are alone. When you can do that, you do them when you are around others in neutral situations. Consciously go into the OBSERVER SELF while sitting in an audience. Consciously go INTACT during a meal with your family. ACCESS God while you're buying groceries. Effortlessly MOVE energy on the breath at your workplace. You should already start to notice subtle differences in the way people respond to you. Once you can do these techniques in relaxed environments, you will remember to do them during high stress situations. Go into the OBSERVER SELF while someone is yelling at you. Stay INTACT in the dentist chair. ACCESS God when a cop pulls you over. Effortlessly MOVE energy on the breath while the IRS is auditing your taxes. You get the idea. You will see immediate observable results, which will be ample motivation for you to experiment further.

The reason it is so important to be able to recognize and recreate each of these aspects of consciousness on command individually before we can merge them is because, in order to experience “*OS – I AM*,” all four of these aspects of consciousness must be present.

COMPARING THE FOUR TECHNIQUES

Let’s look at these aspects side by side and compare them individually to see what each one is bringing to the equation. Let’s examine each of them in respect to:

- a) the experience itself
- b) the technique we use to create this experience
- c) the benefit that comes from the experience

EXPERIENCE:

OBSERVER SELF - No thought. Fully present in the now.

INTACT - Physically embodied.

ACCESS - Connected to God.

MOVE – Effortless giving and receiving through the heart chakra.

TECHNIQUE:

OBSERVER SELF: See your thoughts as clouds then become the sky.

INTACT: Feel your skin from the inside out, all over, as if you were wearing a wet suit.

ACCESS: Imagine what it would feel like to be connected to God, and then do it.

MOVE: (Inhale) I receive joy. (Exhale) I radiate joy. OR Advanced Version:
(Inhale) As I receive, I radiate. (Exhale) As I radiate, I receive.

BENEFIT:

OBSERVER SELF: Peace. Transcends rational mind. Pulls us into present moment, giving us the ability to learn, to recognize and heal mental and emotional trauma, to evaluate our performance, to discern the motives of our rational mind, to discern the motives of others. The benefits are infinite.

INTACT: Protection. Grounded. Feel safe. Promotes physical health. Ability to manifest things in 3D.

ACCESS: Receive energy. Receive Insights. Feel loved. Trust life. No longer feel as if you are alone. These benefits are also infinite.

MOVE: Expressing the fullness of your being. Loving others. Creation. Fulfilling your Life Purpose.

COMBINING THE FOUR TECHNIQUES

It's very easy to omit one or more of these aspects of our equation. Remember, these are natural states of awareness which most of us experience daily without even realizing it. What we are doing is learning how to use these tools consciously, on command, so that we can merge them. Let's look at a sampling of common, everyday scenarios where we might experience various combinations of these aspects of consciousness without being aware of what we are doing.

Observer Self: *(without Intact, Access, Move)*

Situation: 1) Adrenaline, Fright. 2) Meditation.

Experience: 1) Fully present in the now but, like a deer in the headlights, cut off from God, totally unable to feel our body, chakras are closed and energy flow is frozen. 2) People who are experienced in meditation can easily go to the no thought/present moment reality of the Observer Self, but most of them are not aware of their body while they do it. They can still be cut off from God and they usually don't move any energy.

Observer Self + Intact: (*without Access, Move*)

Situation: Physical pain.

Experience: Fully present in the now with full body awareness, but cut off from God, energy contracted.

Observer Self + Access: (*without Intact, Move*)

Situation: Spiritual communion.

Experience: Awareness consciously experiencing God with no body awareness and no desire to move energy into physical dimension or share it with others.

Observer Self + Move: (*without Intact, Access*)

Situation: Loving a baby.

Experience: Fully present in the now, emoting love, without being aware of body or connected to God.

Observer Self + Intact + Access: (*without Move*)

Situation: Physical injury where you cry out for help.

Experience: Fully present in the now, fully embodied, accessing God but energy flow is frozen.

Observer Self + Intact + Move: (*without Access*)

Situation: Performance that requires physical body

Experience: Fully present in the now, fully embodied, moving emotional/mental energy through heart chakra/solar plexus using the rational mind/will power, but not connected to God. Most professional entertainers, performers and athletes perform in this state of consciousness.

Observer Self + Access + Move: *(without Intact)*

Situation: Communing with nature, filled with gratitude.

Experience: Fully present in the now, connected to God, energy flowing through heart, no body awareness or only partially embodied.

Intact: *(without Observer Self, Access, Move)*

Situation: Bathing. Feeling sensation of water over entire body.

Experience: Full body awareness, lost in thought, no awareness of God, no energy flow.

Intact + Move: *(without Observer Self, Access)*

Situation: Improvisational dance.

Experience: Fully embodied, expressing emotion by moving energy through body without self-awareness and not connected to God.

Intact + Access: *(without Observer Self, Move)*

Situation: Feeling gratitude for physical body.

Experience: Fully embodied, connected to God with no awareness of self and no desire to move energy out into the world.

Access: *(without Observer Self, Intact, Move)*

Situation: Spiritual ecstasy.

Experience: No sense of self, no body awareness and no desire to bring the energy down into 3D. Unfortunately, this exquisite state is only temporary for those of us with a physical body. Perhaps this is fortunate. If we were able to consciously stay in this state permanently, we wouldn't have a physical body long. Once this state has been experienced, the question arises, "Why would Immortal Beings of Love and Light even take on a physical body?" Surely, there must be a reason. There is. We're supposed to be here. It's part of our Divine Plan. We have a Life Purpose.

Access + Move: (*without Observer Self, Intact*)

Situation: Spiritual ecstasy with involuntary body movement. Some examples are: the Shakers, Whirling Dervishes, Sufi Ladihan, Christian Singing in Tongues.

Experience: While the body is moving Divine energy through the heart, there is no full body awareness, no sense of self and often no memory of the experience.

Move: (*without Observer Self, Intact, Access*)

Situation: We're having an emotional reaction.

Experience: We're not in the present moment, not aware of our body and cut off from God.

As you can see, there are many ways we can experience the Observer Self, Intact, Access and Move without being in "OS – I AM" consciousness.

And of course, as I mentioned earlier, there are situations where people unconsciously experience all four aspects of our "OS – I AM" equation. A performance that involves physical expression is a perfect example. In a physical performance,

- 1) The adrenaline has our OBSERVER SELF fully present in the now.
- 2) To accomplish the task, we must be INTACT and fully embodied.
- 3) Then, if we take the time to ACCESS God before the performance, and
- 4) Allow that Essence of Life to MOVE through our hearts out into the world,

we are essentially functioning in "OS – I AM" consciousness, whether we are aware of it or not. And whatever we focus our attention on while we are in this state manifests in our life.

Many energy workers and intuitive healers experience "OS – I AM." I'm sure many of them do it consciously. Whenever we are fully embodied, connected to God and

allowing that energy to move through our hearts out into the world, we are in “*OS – I AM*” consciousness.

I’m sure you can think of many situations where you have experienced these aspects of consciousness (Observer Self, Intact, Access, Move) without all four of the elements being present. As you can see, what we are doing is simply bringing our “unconscious incompetence” about something that is a very natural part of our daily lives into “conscious incompetence” by learning how to deliberately experience these aspects of consciousness on command. It’s a bit like choosing the red pill in the Matrix movie. Once you become experientially aware of your consciousness, you can never fully fall back into unconsciousness again.

When we merge these four aspects in “*OS – I AM*,” we create a powerful new Operating System for our consciousness and a whole new way of being. How is this going to help us manifest our desires? Before we can answer this question, there is one more aspect of consciousness that needs to be examined. This aspect is not included in our “*OS – I AM*” equation, but it is definitely a factor in our ability to experience “*OS – I AM*.” This aspect of our consciousness is, in fact, the Gatekeeper. It is the Controller. We cannot master “*OS – I AM*” until we understand the role of our rational mind.

CHAPTER 9 - THE RATIONAL MIND

DEFINITION

While the rational mind is usually defined as: *the ability to reason*, definitions for the word “rational” are: *Sane. Logical. Reasoned. Sensible. Reasonable. Cogent. Intelligent. Judicious. Shrewd.* I find it interesting that this term, “rational mind,” which is clearly a noun, is defined by what it does rather than what it is. And notice that it can only be defined using subjective descriptions. Clearly, there is nothing empirical about our ability to reason. It reminds me of Lily Tomlin’s wonderful quote, “*What is reality after all but the common hunch of the majority.*”

I’d like to propose the concept that the **rational mind is an aspect of our consciousness**. It is the part of our consciousness that lives in 3D. We could not exist in these physical bodies without the rational mind. And I believe this aspect of our consciousness, this ability to reason, is greater than just our capacity for logical deduction. Here’s why.

Before reason can occur, there must first be information to evaluate. The rational mind gets this information from our perceptions: specifically, the perceptions of our physical body, our emotions, our thoughts, our beliefs, our attitudes, our ego, our will power, our subconscious behavior programming, our pre-verbal conditioning, and all of our unresolved emotional issues, to name a few. Some of these perceptions are conscious and some of them are unconscious. Nonetheless, all of these “sources of perception” influence the rational mind, which collectively evaluates the information, and then makes behavioral decisions.

THE DECISION MAKER

The rational mind isn’t just our ability to reason, it is our decision maker. It controls our actions. And ultimately, it is the rational mind that either allows or prevents us from experiencing the other aspects of our consciousness, including “*OS - I AM.*”

We absorb so much information coming from so many sources, it is very complex and often overwhelming. We find ourselves over-reacting to situations without knowing why. We observe life situation dramas that keep reoccurring again and again. We have a horrible boss. We quit that job. We get a new job, with a new boss, and this person turns out to be as bad, or worse than the last one. We quit that job. Get a new job, new boss, same movie. It finally dawns on us that others might not be the only factor creating our problems. We must have a part in this, or it wouldn't keep repeating. So we start examining our rational mind and why we make the choices that we make.

We soon discover that the rational mind is adaptable. It can change. Here's an example. From our childhood pre-verbal conditioning (that which we learned from observing our parents), we adopted a belief that money is the root of evil. Looking through the eyes of that belief, we saw experiences in life, in movies, on TV, that reinforced the truth of our belief, again and again. This belief got buried so deep in our subconscious mind that we were totally unaware of it. As adults, we worked hard to create financial abundance and it kept eluding us. Then one day, out of curiosity, we decided to try a hypnotherapy session. That's when we became conscious of the fact that we had this buried belief, the belief that money is the root of evil. Now that we were aware that we held this belief, we were able to evaluate it. Then, in the course of living our daily life, it became blatantly clear to us that there was no correlation between someone's financial situation and their capacity to express evil or good, cruelty or kindness. Once we saw that our belief was inaccurate, we were able to dispose of it. Consequently, our entire attitude toward money altered. The way we felt about it changed. We saw the world differently. This affected our decisions, our choices, and our finances. Lo and behold, we had successfully altered the reasoning of our rational mind!

EXPLORING INTUITION

Once we have this type of experience, where we change our behavior by altering our beliefs, our rational mind now realizes that its ability to manage our life can be improved by accessing other parts of our consciousness, parts of our consciousness that are beyond

logic and 3rd dimensional perceptions. It is still in control, but the information base it uses has expanded. Our rational mind has started listening to our **intuition**.

When our rational mind begins exploring the intuition, it starts to notice that while some of our intuitive perceptions are accurate, some of them are not. We have experiences where the rational mind thinks a perception is coming from the intuition, but it is actually coming from another part of our being. When this occurs, the rational mind starts viewing the intuition as unreliable.

Here are some examples.

You go to a party. You sense that the hostess is cool and distant toward you. This upsets you. Why would she act this way? You rack your brain, trying to figure out what you did to make her treat you this way. You walk over to the food table and have a bite. Your feelings of paranoia suddenly leave and you realize your “intuitive” perception was actually a low blood sugar reaction.

You meet someone and experience deep, overwhelming, inexplicable feelings of love. You’re convinced he/she must be your soul mate. You tell this person your feelings. They reject you. You realize your experience was not an intuitive perception but an emotional projection.

You get a premonition that you’re going to win the Lottery. You buy your ticket. You fantasize how you will spend the money. You get all excited. Then you don’t win. You realize that your premonition was not coming from your intuition but was a thought projection, which you very well could have picked up from someone else. Consciousness is contagious. We pick up the thoughts of others.

So what is the intuition? Who knows! It is defined as **“the power of knowing things without conscious reasoning.”** From my experience, the intuition is always accurate. Always. Who among us has not had an intuitive perception about something that our rational mind dismissed and we later regretted not following up on it? Many people describe the intuition as the “Still Small Voice Within.” This **source of all Insights** has

been attributed to the Higher Self, Inner Guidance, Ascended Masters, Spirit Guides, Beings of Light, Angels, Muses, The Universe, and every spiritual being we humans have ever revered. And I have to agree with this description.

I don't experience my intuition to be a part of my individual consciousness. While the experience is very personal, I sense that the source is external to me. It's a communication. These intuitive ideas and insights that pop into my awareness are not my thoughts. I don't create them. This I know. What is the source? I'm not sure. But I do know that intuitive experiences are universal to everyone. You go to a new location and it feels familiar. You meet someone and feel like you have known that person your whole life. Whatever the source, the information and "assignments" we receive from following our intuition are a tremendous asset to our lives. This input is always kind, gentle, free of judgment and it never intrudes upon our free will. It is a normal, natural part of everyone's life. And whatever the source, the information it gives us is always helpful. Always.

INTUITION VERSUS RATIONAL MIND

A common attitude, which is evident even in our dictionary definition, is to polarize the intuition and the rational mind. It is believed you must choose one or the other. Spiritual people embrace the intuition and demonize their rational mind, with its insatiable ego, misguided will power and unresolved emotional problems. Of course, this creates problems because we all need our rational mind in order to function in the physical world. The intuition can't juggle a schedule, pay bills, buy groceries and do all the countless necessities that come with having a physical body. Likewise, people who only trust the rational mind and think that the intuition is a lot of unreliable, inconsistent hogwash, struggle with rigidity. They block out all information that they can't explain and avoid things they don't understand. Consequently, change, which is the only constant, is very difficult for them. They are at a great disadvantage when competing with people that are open to their intuitive guidance.

Of course, the solution to both of these out-of-balance attitudes is to simply stop polarizing. The rational mind exists. The intuition exists. For a happy, healthy,

productive life, we need to embrace them both. They were meant work together as a team. And it is the rational mind, our ability to reason, that ultimately decides whether or not this will happen. The rational mind will only open to the intuition when it can trust it, when it can consistently and reliably access it. And to do this, the rational mind needs to learn how to discern the difference between information that is coming from the intuition and information that is coming from our other perceptions.

This task isn't as daunting as it appears. Making sense of the information that comes from our physical body, our emotions, our thoughts, our beliefs, our attitudes, our ego, our will power, our subconscious behavior programming, our pre-verbal conditioning, and all of our unresolved emotional issues appears overwhelming until we realize that all of it comes through our physical body and our subtle bodies. We can learn to discern the difference between the intuition and this other information by learning to understand and perceive our subtle bodies. When we can do this, the rational mind will be able to trust the intuition.

SUBTLE BODIES

Subtle bodies are not a new age concept. Esoteric teachings describe subtle bodies, made of a fine substance that interpenetrates the molecules of the physical body. These subtle bodies make up the aura, a field of color that surrounds the physical body. This aura can be seen by people with inner vision and can be photographed using kirlian photography (as you already know, if you checked out the www.os-iam.com website). All of our subtle bodies share the same chakra system with the physical body, which is why, when the chakras become blocked, it affects not only our physical health, but our mental and emotional health as well. They are all linked together.

Subtle bodies are discussed in Ancient Hindu Vedic texts. Plato wrote about them. We find them in the teachings of Theosophists, Rosicrucians, Native American Medicine People, Tibetan and Indian Buddhists, Japanese Zen Buddhists, Madame Blavatsky and Rudolph Steiner, to name a few. There are many books on this topic. My favorite is Barbara Ann Brennan's workbook, [Hands of Light](#). It has wonderful illustrations.

DISTINGUISHING SUBTLE BODIES

There are several subtle bodies that interpenetrate our physical body, but for our purpose of learning how to distinguish between our intuition and our other perceptions, we're going to focus on the physical body, the emotional body and the mental body. Each of these bodies feels different and although the difference is subtle, it's not difficult to distinguish the difference between them. This is especially easy to do when we are "reacting" to a situation, because during a reaction, this charged energy is so strong, so obvious and so unavoidable that it is controlling our behavior. Consequently, when we have a reaction, it's easy for us to tune in to each of our subtle bodies separately. Our pain enables us to clearly discern our subtle bodies. And when we feel this pain and also consult our intuition, we gain an experiential understanding of the energetic difference between the intuition and these subtle bodies.

Here's an example. This was the first time I experienced the clear and distinct differences between information that was coming from my physical body, my emotions, my thoughts and my intuition. I was asked to make a life-changing decision. I was 24, and a young Canadian asked me to marry him. There were so many pros and cons going through my mind, so I went inside to see what I should do. First I felt my physical body and asked if I should marry him. It said, "Yes!". He made me feel safe and protected. Then I checked in with my emotional body. It also said, "Yes," but for a different reason. We were in love. I trusted him. Then I checked my mental body. It also said, "Yes," but for an even different reason. He was smart and made me laugh. I could help him get U.S. citizenship. He loved America. But when I asked my intuition, I got a very clear, "No." There was no reason given. This was difficult for me. I didn't want to hurt him, but I chose to follow my intuition.

Initially, this brought me misery. Rejecting his proposal was bad enough, but in addition, my body, emotions and thoughts were all telling me that I had made a mistake. It took two days for my mental body to back off and agree that I had made the right decision. I had to admit that he was an alcoholic, like my father. It took two weeks for my physical body to agree that I had made the right decision. He worked as an entertainer in bars with meager income. I realized I would have to carry him financially.

It took several months, but finally my emotional body agreed that I had made the right decision when I realized if devoted my life to him, I would not do what I came here to do. I would not fulfill my Life Purpose. So, eventually, all of my being realized that my intuition was right, and from this experience, I learned how to distinguish the difference between my intuition and my subtle bodies.

As we examine the perceptive capacity of our subtle bodies, remember, no two people perceive things in the same way, so your experience will probably be somewhat different than my description. But hopefully it will be similar enough to impart an understanding and will stimulate your curiosity enough to motivate you to explore the differences between your own intuition and your physical, emotional and mental bodies. The ability to discern subtle bodies is vital for anyone interested in healing the unresolved emotional issues that influence the reasoning of our rational mind. This discernment is something that can only be learned through experience.

Our unconscious reactions are definitely not fun, but they are also a gift. They can be used to teach us how to discern the clear, calm messages that come from our intuition. And they can also help us transform our rational mind. Once an unconscious reaction bubbles to the surface, once we are aware of it, we can transform it. Here's a way to accomplish that.

TRANSFORMING THE RATIONAL MIND

Most unconscious reactions are generally created along these lines. There is a trauma that happens in the physical realm. An action, a word, or a thought projection of hate is directed at us. Our reaction to the trauma generates a very strong emotion, which if not expressed in the moment, becomes an unresolved emotional issue. From this reaction, we often create an **inaccurate belief** that this is the way life works, a belief which usually makes us feel even worse. Then, in an attempt to escape these unpleasant feelings, we bury the experience and try to forget about it. But it doesn't go away. This inaccurate belief festers in our subconscious, only rearing its ugly head when life brings up an experience that reminds us of the initial event, triggering an uncontrolled reaction in us.

UNCOVERING INACCURATE BELIEFS

When we have an uncontrolled reaction to a situation, there is a way to root out the inaccurate belief and dispose of it. Beliefs are very disposable. Once this is done the emotion is resolved and you no longer react to the circumstances that triggered the reaction. You are free.

Here's an example. Daddy left home when you were 10 and you adopted the belief that something was very wrong with you and that it was your fault that he left. This belief got buried deep in your subconscious mind. You don't know it's there. Then life brings an experience where you are romantically rejected. You have an uncontrollable reaction.

TECHNIQUE FOR UNCOVERING INACCURATE BELIEFS:

- 1) Locate the pain and name it. (*My solar plexus hurts. I feel humiliated*).
- 2) Stay with this pain and recall the last time you felt this way. (*It was when I was six and gave a valentine to someone who rejected me*).
- 3) Still feeling the pain, compare the two experiences and look for the inaccurate belief. This brings in the part of our consciousness that can't be wounded, the Observer Self. (*I feel humiliated because I love someone who doesn't love me*).
- 4) Once you find the belief, you can evaluate whether or not it is accurate. (*Does another's capacity to love me, have any reflection on my own capacity to love?*)
- 5) Then decide if you want to keep the belief or dispose of it. (*I will no longer feel humiliated for loving another, whether they can accept it or not*).
- 6) Once you have accessed and disposed of an inaccurate belief, the emotional pain stops immediately. If the pain does not stop, you have not yet accessed the inaccurate belief. Keep feeling the pain and comparing the experiences until you find the belief that is common to both of them.
- 7) Not only does the pain stop, the experience stops reoccurring in your life. The lesson has been learned. Your personality, behavior and life permanently change.

- 8) These inaccurate beliefs sometimes need to be replaced by correct beliefs. This often leads to the discovery of more inaccurate beliefs. (*There is nothing wrong with me or the way I that I love, but I see a pattern of being attracted to people that don't want me, just like Daddy didn't want me*).

I have taught this technique for decades. And now that I have discovered “OS – I AM,” the process is even easier. It's amazing.

NEW AND IMPROVED “OS – I AM” VERSION

- 1) When I have a reaction, I go into “OS – I AM” consciousness.
- 2) This pulls me out of the reaction.
- 3) Once the storm has passed, I address the wounding.
- 4) While in “OS – I AM” consciousness, I bring up the pain and simply observe it.
- 5) I hold it in the light of “OS – I AM,” which means, while being fully embodied, I share the pain with God and allow the energy to move through my heart.
- 6) The understanding regarding the cause and effect of the inaccurate belief is revealed and disposed of in a matter of minutes.
- 7) The pain stops and the experience stops reoccurring.

According to my Inner Guidance, **there are no un-healable wounds**. All pain, suffering and confusion can be restored to harmony and balance. And while no one wants to experience uncontrolled reactions, they serve a purpose. They bring these unconscious beliefs that are controlling our lives to the surface where we are forced to see them and can then transform them.

Since I have been practicing “OS – I AM” consciousness, some of my inaccurate beliefs are being shown to me in dreams and memories, rather than 3D experiences. The process is the same, but it's happening without me having to act out my drama around others. Out of the blue I will have a vivid memory of something I experienced 40 years ago. I will go into an uncontrollable reaction. The emotional pain is the same as the initial experience. Then I go into “OS – I AM” and do this technique. I feel the pain,

share it with God and allow the energy to move through my heart. The illumination comes. Forgiveness comes. My perception of reality shifts. This healing happens in a matter of minutes.

SINGING AND PERFORMING AS A VEHICLE FOR TRANSFORMATION

In order to transform the rational mind and clean up our unconscious garbage, we must be aware of our suppressed pain. A fast and easy way to uncover buried trauma is through the vehicle of singing and performing. Just as the eyes are the door to the soul, the voice is the door to the emotions. We can talk to our friend on the phone and regardless of the words he or she uses, we can hear their emotional state in the sound of their voice. All traumas are stored in the voice.

You don't need to have professional aspirations to benefit from singing and performing. And, like Rolfing or Trager massage, when you learn how to vibrate the voice freely, these traumas are released, bringing these emotions to the surface where you can address them and resolve them once and for all.

The transformational benefits of singing and performing can visibly alter your personality. I have seen this phenomenon occur again and again. Singing brings up the issues we have about ourselves. Performing brings up issues we have about others. There is a before-and-after video on the www.os-iam.com website, VOICE LESSONS – THE CHANARA VOICE METHOD, that demonstrates this. The beauty of having a vehicle that will uncover this stuff is that we can face it, deal with it, and heal it on our own terms, in a controlled environment, without having it unconsciously control our lives, surfacing in uncontrolled outbursts that happen when life pushes our buttons.

THE RATIONAL MIND CANNOT TRANSFORM THE RATIONAL MIND

Transforming the reasoning capacity of our rational mind by disposing of bogus beliefs, healing unresolved emotional issues and changing self-destructive thoughts and habits is a life-long journey. It is important work. However, if we hold the belief that in order to pursue our Life Purpose we must first resolve all of our issues, our process of

transformation can actually **distract us from our Life's Purpose**. The idea that when we transform ourselves enough, we'll finally be "good enough" to do that which we came here to do, is not only inaccurate, it is an avoidance tactic. The reason we are here is to manifest our Life Purpose.

This is an easy trap to fall into. Transformation is wonderful. We find a technique that heals one problem, but it doesn't help with another problem, so we try a different technique, and a different technique.

Eventually what happens is, instead of following our intuition, we start using our rational mind to transform our rational mind. We get caught up in the next great idea. If I change the way I think, if I change the way I feel, if I speak the right words, if I replace one thought with another thought, if I combine the right thought with the right feeling, if I use more will power, if I am more determined and resolved, (the list is endless) THEN I will manifest my Life Purpose. And when this doesn't work, we assume it must be because of all of our unresolved issues. So we try yet another technique. It becomes an endless cycle. We can only break this cycle when we understand two important things:

- 1) **We cannot transform the rational mind using the rational mind.**
- 2) **The rational mind cannot manifest our deepest desires, one of which is our Life Purpose.** (We'll discuss this second topic later).

The only way we can heal and transform the rational mind is when the healthier aspects of our consciousness help the wounded parts of us. The part of us that is wounded does not have the capacity to heal itself. The responsibility to create wholeness lies with the part of our consciousness that can do it, the part that is not wounded. Consequently, **the rational mind cannot heal itself**. And by the way, the intuition can't heal the rational mind either. The intuition guides us, but it can't fix anything because it never interferes with our free will. The only part of our consciousness that can shift things is our Observer Self. When we explore the pain stored in our subtle bodies, it's the Observer Self that is doing the exploring. The Observer Self is not wounded. It can never be wounded. The Observer Self, in and of itself, has the capacity to neutralize emotional reactions. But when the Observer Self is functioning in "*OS – I AM*" consciousness, not

only is the emotional pain transformed, the inaccurate beliefs are revealed as well. **There is understanding and illumination.** The memory is still there, but the experience no longer affects us. For me, this healing is similar to the way I recover from a bad movie. For days, weeks, months after seeing the movie Psycho, I felt fear every time I opened a shower curtain. I had to consciously conquer this fear, and eventually the affect faded. I experience the healing of trauma and inaccurate beliefs in the same way. Once a wound has been healed, the memory of the initial trauma becomes similar to a memory of a bad movie. It happened, but it no longer affects me. It no longer causes me to react.

When we have an emotional reaction, the rational mind instantly blocks out the rest of our consciousness and gets caught up in the drama. But because the rational mind is rational and wants the highest good for us, when it has options, it will usually choose a way out of the pain. Granted, it often chooses denial, suppression and avoidance, thereby burying the trauma even deeper into our subconscious. But once we have learned how to access “*OS – I AM*” on command, and have practiced it enough that it is a part of our daily life, the rational mind will remember this option and, in spite of the intensity of the reaction, it will pull out of it by going into “*OS – I AM*” consciousness. Then, when things have cooled down and we have a private moment, we can explore our subtle bodies, find the cause of that reaction, reveal the inaccurate belief, and heal it.

SELF MASTERY

I have experienced many acts of grace, where my consciousness was transported into indescribable experiences of bliss. These experiences were more real than life and I treasure them deeply. But they were temporary. “*Grace is good, but mastery is permanent.*” (*Quan Yin*) When it comes to self-mastery, which is our ability to transform our own consciousness and to access higher states of awareness on command, we must honor our rational mind. It is the gatekeeper. It makes the decision to be in control or to allow other parts of our consciousness to be in control. It’s not the bad guy. It is not something to be defeated and conquered. It can learn, heal and transform. When the rational mind realizes that it can reliably and consistently receive support from the rest of our consciousness, it becomes a team player, a very vital team player. It gradually starts

deferring its decision-making job to the intuition. It does not do this blindly. It is always monitoring. Eventually, it starts trusting the intuition more and more. When the rational mind learns how to clearly discern input that's coming from the intuition, when it learns how to be aware of, and accept this assistance, it moves into the role of the doer, the part of our consciousness that gets things accomplished in the physical realm.

When this balance is reached, the intuition leads, the rational mind follows. The intuition gives us the idea, the rational mind takes action and makes it happen while simultaneously juggling the countless chores we need to do in order to maintain our physical body.

THE RATIONAL MIND AND “OS – I AM”

The rational mind is not part of our “OS – I AM” formula. In fact, “OS – I AM” overshadows the rational mind. We can experience “OS – I AM” without any awareness of our rational mind. We can even escape the rational mind by going into “OS – I AM” consciousness. So why would the rational mind allow us to have an experience, where it could be essentially obliterated? Because **we can experience “OS – I AM” and also include our rational mind**, and when we do this, “OS – I AM” makes the rational mind's job easier.

Can I experience “OS – I AM” and drive a car? Yes. Can I experience “OS – I AM” and pay my bills? Yes. Can I experience “OS – I AM” while I teach? Yes. So far, I haven't found any experience where I can't access “OS – I AM” consciousness and be able to function. And when I am in “OS – I AM” consciousness, these experiences are dramatically transformed. That's what makes “OS – I AM” an Operating System for daily life.

So now let's delve into the rational mind's role in manifesting our desires.

CHAPTER 10 - DESIRE

THE RATIONAL MIND AND DESIRES

While the rational mind cannot manifest our deepest desires, the vital word here being “deepest,” it does indeed manifest the vast majority of our desires. The dictionary defines desire as “a feeling of wanting, a longing or a craving.”

DAILY LIFE DESIRES

Our rational mind manifests all of the many desires that come up in our daily lives. When we want to go out to dinner, the rational mind makes it happen. When we want to remodel the house, the rational mind makes it happen. We don't always recognize these little things as constant manifestations of our desires, but they are. They are our **daily life desires**. But our deepest desires transcend the rational mind. To understand this, we need to take a closer look at desire.

Desire is the motivation behind our every action. We have no shortage of desires. They are as abundant as thoughts and just as incessant. We have so many desires, we need to make lists and prioritize them. Our daily life desires start the moment we open our eyes in the morning and continue, non-stop, until we close them at night. Even getting out of bed is a desire. We think we're getting up because we need to empty our bladder, but in fact, we're getting up because the **consequences** of wetting the bed have instilled in us the desire to walk to the toilet.

CONSEQUENCE DESIRES

Many of our daily life desires are rooted in consequences. We might not like our job, but the consequences of not getting a paycheck give us the desire to show up. **Consequence desires** are not particularly satisfying, but they sometimes give us a feeling of accomplishment.

PERSONALITY DESIRES

Daily life desires also include our **personality desires**, all the desires that involve our personal preferences. I give a significant amount of my time, energy and money to manifest the desire for my favorite tea that costs three times more than the stuff at the grocery store. Our lifestyle, how we decorate our home, the clothes we wear and the food we eat are all obvious examples of personality desires. We usually derive more satisfaction from personality desires than we do from consequence desires. And we sometimes indulge in personality desires to compensate for having to deal with consequence desires. But, in the grand scheme of things, all of these daily life desires are relatively insignificant. Most of us can't even remember all of the vitally important desires we manifested yesterday.

Daily life desires consume most of our time and energy. We can get so distracted with these daily life desires that they obscure our deepest desires, our heart desires, the desires that give meaning to our lives. It is important to realize that daily life desires are part of our conscious mind. We know what they are, and why we choose to act on them. We understand them.

UNCONSCIOUS DESIRES

In addition to daily life desires, the rational mind also manifests our unconscious desires. These unconscious desires create situations and circumstances in our life. We don't realize that we are the cause of the situations that are being created by our unconscious desires because we are not aware of them. However, when these dramas keep repeating to the point that we notice a predictable pattern, we usually open to the possibility that some part of us might be causing these situations. These desires, and the manifestations they create, can be quite frustrating. John Lennon described this well, "*Life is what happens while you are busy making other plans.*" Bringing an unconscious desire to the light of our consciousness is very valuable. It is life transforming.

PURE JOY DESIRES

Some unconscious desires come purely from the joy of life. These desires bring a feeling of delight that never fades. “Why do I want this? Because it makes me feel happy.” No thought. No agenda. No pain. We buy a beautiful painting because it makes us feel good. Ten years later, it still makes us feel good. These are **pure joy desires**. Children never hesitate to pursue these desires. We don’t understand them, and we don’t need to understand them. Whenever these desires arise, I act on them. Life is to be enjoyed!

PAIN-BASED DESIRES

On the other hand, there are unconscious desires that stem from our unresolved emotional issues and inaccurate beliefs. These usually manifest in some form of negative behavior. Extreme examples of these are war mongering, fear mongering, sadism, abuse of power, greed, rape, cruelty, murder, suicide and violent crime. These are all behavior choices of a rational mind that is cut off and not connected to the Essence of God. And no matter how heinous the behavior, the rational mind is able to justify it. While the majority of humankind do not overtly express this extreme behavior, the television and movie industry attest to the fact that people not only like to watch other people doing these acts, they consider it entertainment. Watching this in others is enough to satisfy these unresolved emotional issues within us. Once we start to heal the wounds of the rational mind, **our desires change** and we no longer feel stimulated or satisfied by this type of entertainment. We don’t stop watching this stuff out of aversion, denial or avoidance. We stop watching it because we no longer enjoy it and choose to look elsewhere for our pleasure.

On a less dramatic level, but along the same vein, the vast majority of our unconscious desires stem from our unhealed wounds. Here is an example. A teenage boy wants a hot car so he will attract girls. Why does he want to attract girls? So he will be popular and everyone will think he is cool, special and unique. Why does he want to be cool, special and unique when he, like every other human being, is already cool, special and unique? Because he believes he’s not cool, special and unique. Because of

past wounding, he believes he is inadequate and not good enough. The car will make up for his deficits, or maybe hide them, so other people won't be able to see them. So his rational mind manifests his desire. He gets the car. He is totally thrilled. He might or might not attract girls. He might or might not become popular. But either way, eventually the thrill of that new car wears off and he starts desiring the next thing that he thinks will make him cool, special and unique. It's an endless cycle that will only change when he learns how to heal the pain behind his inaccurate belief that he is not OK. We've all had this experience in some form or another. The hallmark for these unconscious desires that stem from unhealed wounds is that the initial joy we feel when they manifest always fades. I call the unconscious desires that come from our wounding pain-based desires.

THE DESIRE TO HEAL OURSELVES

Pain-based desires, when acted upon, bring our wounding to our awareness so it can be healed. For example, if you have an unconscious belief that you are worthless, you will be attracted to people that disrespect you, and you will do your best to get them to see your value. You will do this again and again, until you see the pattern and address the wound by enfolding this belief, this feeling, this reality that you are worthless in the part of your consciousness that can't be wounded.

Some people with extremely strong will power and determination can force things to happen. They manipulate and dominate others and go to any lengths to get what they want. But when their desire manifests, they do not feel joy. They feel power. This feeling is exhilarating and highly addictive because it is a pain-based desire that is located in their root chakra. Their survival fears dominate them so completely, that they have absolutely no regard for others. So when they succeed there is an overwhelming feeling of elation. They have proven to themselves that they are not helpless and inadequate, and that they are superior. They live life only in their rational mind, and are completely cut off from the rest of their consciousness. If they are able to find a way to manipulate the rules, they will abuse power. And because they never pause to examine their life, it is

very difficult for them to see that their behavior is a self-destructive reaction to deep-seated fears. Consequently, these people can be very dangerous.

ADDICTIONS

All addictions, from shooting heroine to playing video games are “medicines” that keep us from feeling our wounding. Before we can address our wounding, we need to feel the pain, and to do that, we need to stop the “medicine.” Once we have removed the “medicine,” we definitely feel the pain and can then take action to heal it. And if we don’t resolve the pain, we will eventually go back to the “medicine.” We all know withdrawal is just the first step in our desire to heal.

It is very empowering to feel a desire and not act on it, especially when mastering addictions. Just because we have a desire doesn’t mean we have to follow through with it. There is always a choice. Our ability to feel the craving and not block it, not resist it, not deny it, not suppress it, not avoid it, and not use will power to overcome it, is an important step to mastering an addiction. Before we can heal it, we need to feel it. Before we can bring this energy into the calm, transformative clarity of “OS – I AM” consciousness, we need to feel it.

WELL-BEING DESIRES

Some of our desires to heal ourselves pertain to our physical, emotional and mental well-being, like the desire to be in nature, the desire to sing and dance, the desire to listen to transcendent music, the desire to soak in a tub, the desire to explore, the desire to read a book, and the desire to connect with a friend.

DESIRES, CHAKRAS AND SUBTLE BODIES

Whatever our desire, be it conscious or unconscious, be it a consequence desire, a personality desire, a pure joy desire, a pain-based desire, a desire to heal ourselves, an addiction, a well-being desire, a deep Heart Desire, or our Life Purpose, all desires are

experienced through our chakra system. (*See illustration on p.41*) We can gain a better understanding of our desires by observing our chakras.

Because our chakra system interpenetrates all of our subtle bodies, when a chakra is out of balance, it will have an effect on our desires. Many addictions are caused by an imbalance in the chakras. And while we can experience “*OS – I AM*” consciousness even when some of our chakras are out of balance, effective management of our desires requires healthy, balanced and aligned chakras. Learning to feel our chakras can help us understand our desires. We can locate and name our desires in the same way that we locate and name the pain caused by our inaccurate beliefs. This not only helps us understand and prioritize our desires better, it can also reveal any chakras that might need our attention.

Desires that deal with survival are located in the first chakra at the bottom of our torso, the root chakra. The second chakra, which is located in the center of our abdomen, holds the desires for sex and all forms of passion, including emotional excitement and creativity. The solar plexus, just above the navel, is the seat of our will power and determination. It holds all the desires of our ego, such as competition, success, creating an image and being better than others. Our desires to love and be loved, our Life Purpose, and our desire to help others, to do what we can to make the world better, are located in the fourth chakra, which is also called the heart chakra. The fifth chakra, located in the throat, holds our desires to express ourselves, speak our truth and communicate that to others with power and strength. The sixth chakra, which is also called the Third Eye, contains our desire to transform ourselves and increase our spiritual Mastery. And the crown chakra at the top of our head holds our desire to experience more and more of God.

WHY DESIRES DON'T MANIFEST

We will discuss why the rational mind cannot manifest our deepest desires in the next chapter. But for the majority of our desires, those that can be fulfilled by the efforts of the rational mind, there are sometimes situations where the rational mind is not able to

bring forth the manifestation. This occurs when we have **conflicting desires**, or when we are indulging in **wishful thinking**.

CONFLICTING DESIRES

When desires conflict, the rational mind evaluates them and then decides what course of action is needed. This is easy enough to do when resolving conflicts between conscious desires. A friend invites you to his birthday party. You've had a hard day at work and are very tired. What should you do? To resolve the conflict, the rational mind considers more desires. You want to see someone who will be at that party. You also want to watch the game on TV. We mentally make a pro/con list. On one side we list all of the reasons why we want to go to the party. On the other side we list all of the reasons why we want to stay home. Whatever side of the list ends up with the most desires will be the course of action that we will take.

However, if the conflict is between a conscious desire and an unconscious desire, things get complicated. Because the unconscious desire is unconscious, we don't know about it, and it will sabotage our most diligent efforts to manifest the conscious desire. This is another reason why our uncontrolled reactions are so valuable. Anything we can do to bring these suppressed desires, these unconscious beliefs, unresolved emotional issues and preverbal conditioning to our awareness is a benefit to us. We can't transform them until we are aware of them.

Conflicts can also exist between our conscious desires and our Inner Guidance. If we start each day asking our Inner Guidance to guide us, direct us and protect us, the rational mind will not be able to manifest any desire that is not part of our Life Purpose, no matter what we do. **The desire to be in alignment trumps any desire that's not in alignment.** It can be frustrating, but eventually we learn to trust. Our rational mind is stuck in the time/space constrictions of 3D. It does not always know what action is in our best interest. Our Inner Guidance sees the big picture. Sometimes a step backward is the only way to move forward.

WISHFUL THINKING

Desires that come solely from our thoughts also don't manifest. We hear that it's possible to "design a new destiny" for our life. So we do. We create a perfect design. We look at the people around us and decide we want our life to be like that person over there. We create it down to the last detail. We visualize it. We feel it. We imagine that we already have it. Ah, this is so much fun! And then it doesn't manifest. Why? The reason the rational mind can't manifest them because **they aren't real desires**. They are thoughts. Even when you infuse them with all the determined resolve your will power can muster, they don't manifest because they are not real desires. They are fantasy. What's the difference between a real desire and wishful thinking?

A desire is experiential. It is a feeling. It is compelling. It is a driving force. A desire is different than our will power, resolve or determination. A desire can't be created by thoughts. Desires come from within us. We experience them through our chakras.

A thought is mental. We think so many thoughts and they flit through our awareness so fast that it is impossible to monitor them all. When we take up the practice of thinking positively and controlling our thoughts, what we are really doing is pinpointing those specific habitual thoughts that trigger emotional reactions in us. Then, when we have that emotional reaction, we notice the undesirable thought that triggered it, and we replace that thought with another thought that we preplanned specifically for this situation.

While this technique seems to be a very helpful way to replace bogus beliefs, it doesn't work if the bogus belief is the result of an unhealed wound. Positive thinking then becomes an avoidance technique, a form of denial. If the thought stems from a belief we created due to an unresolved emotional issue or preverbal conditioning, no amount of positive thinking is going to change it. To affirm health, while continuing to indulge in unhealthy behavior, isn't going to neutralize the effects of the behavior. If you affirm, "I am fit and healthy," while drinking alcohol so you can get through your day, your affirmation is not going to manifest. Self-deception can be disguised with positive thinking. The only way to heal is to experience the trauma that created the incorrect

belief and enfold that energy in the light of “*OS – I AM*” until the belief is revealed, transformed and dissipates. When it is gone, we no longer have to struggle to think that positive thought. Our “preplanned” replacement thought becomes a statement of truth. But even still, if this thought is not fueled by desire, if it is simply a good idea, it isn’t going to manifest.

Consequently, it’s important to understand that **only desires can create manifestation**. If we want to manifest something, we must have a yearning for it. No matter how good our intentions, no matter how much we think something “should” manifest, thoughts and intentions cannot generate desire. Thoughts can stimulate and awaken latent desires that are already within us, but they cannot create desire, no matter how much we visualize and affirm.

THE DIFFERENCE BETWEEN THOUGHTS AND DESIRES

How do we tell the difference between a desire and a thought? Desires are feelings. Thoughts are great ideas. Desires can be suppressed, but they generally don’t go away until they are fulfilled by a manifestation or are transformed by a healing. Thoughts are temporary and can change quickly.

The rational mind can jump on a great idea and run with it. It can be very stimulating and fun. But if the idea is not fueled by desire, it will not manifest. I was deeply involved in multi-level marketing for four years. It took up my whole life. It was a great company, with great products in a great industry with wonderful, positive, uplifting, beautiful people. I went to all the meetings and training seminars. I read all the books and watched all the DVDs. I loved it. But most of all, I thought this was the most brilliant way to make money that had ever been invented. And, I was a total failure at it. I couldn’t understand why. I am a performer. I am a teacher. I have good communications skills. I knew the products. I gave presentations every day. It finally dawned on me that my reason for doing this business was to create a passive income so I would be free to do my Life Purpose. Of course, my concept about my Life Purpose needed tweaking, and we’ll discuss that in the next chapter. But the real problem was, I didn’t have a desire for money. And no matter how many motivational talks I attended, I

couldn't generate a desire for money. Don't get me wrong. I appreciate money. I respect it. I really enjoy all of the wonderful things we can do with it. But money itself simply doesn't fulfill me. For me, it's just a means to an end. Consequently, I was not successful in this business.

Desire is a very important part of our being, and the more we can be aware of our desires, the easier it will be for us to differentiate them from thoughts. Start with the daily life desires and notice the hoops that we are willing to jump through just to buy that specific brand of ice cream. See the desire for what it is, a desire. Feel it. Observe it. Analyze it. Localize the sensation in your body. What chakra is being triggered? We don't have to act on a desire. But to suppress a desire and pretend that we don't feel it, only drives it into our unconscious where it eventually starts controlling our life. This is not a solution. Our desires are very revealing and full of helpful information. They are not to be feared. They are to be observed.

“OS – I AM” AND DESIRE

“OS – I AM” consciousness, in and of itself, is free of desire. It has no agenda. It is only your awareness connecting to God and moving that Essence through your heart out into the world, like breathing, like waves on the beach. It is a state of being. But just as we can include the rational mind in *“OS – I AM”* consciousness, we can also include our desires in *“OS – I AM”* consciousness. And when we do this, our desires become like the wind in our sails, propelling us forward.

“OS – I AM” consciousness, by itself, is like a calm lake. But when we bring our desires into *“OS – I AM”* consciousness, the energy that flows through our heart becomes like a swollen stream in the springtime, rushing down a mountainside. It is a powerful, determined force. It's important to understand that this energy is different than the resolved determination that comes from our rational mind/ego/will power. The driving force of the rational mind/ego/will power has a feeling of fight to it, a feeling of struggle. When *“OS – I AM”* is fueled by our desires, the energy that is generated is a steadfast knowing, a flow, a feeling of inevitability. The rational mind/ego/will power likes to destroy the obstacles in its path. But an *“OS – I AM”* desire, like the mountain stream,

finds a way to flow around obstacles, unhindered in its journey. The power of this energy is proportionate to the intensity of our desire. It's also important to understand that when we bring our desires into "*OS – I AM*" consciousness, some of them change. It's fascinating. Let me explain.

“OS – I AM” DISSOLVES DESTRUCTIVE DESIRES

We have destructive desires, those that harm ourselves and/or others, and we have constructive desires, those that benefit ourselves and/or others. When a destructive desire surfaces, whether it is a daily life desire or a pain-based desire, it vanishes when we go into "*OS – I AM*." The craving simply leaves. This works for superficial things as well as severely negative behavior. You crave potato chips. You go into "*OS – I AM*." The desire disappears in seconds. You feel like getting revenge. You go into "*OS – I AM*." The desire disappears. It's as simple as that. The reason this happens is because our negative desires come through the lower three chakras. When we go into "*OS – I AM*" it pulls them into the heart chakra, where destructive desires cannot exist.

We all have destructive desires that we don't want anyone to see, especially God. So when we go into "*OS – I AM*" consciousness, and our fully embodied Observer Self is connected to God and allowing the Essence of God to flow through our heart, there is a tendency to not want to bring up our destructive desires. There can be feelings of shame. I encourage you to do it anyway. This experience is happening in the privacy of your own consciousness. It is safe. You have nothing to lose. There are no un-healable wounds. Just do it. The transformation will amaze you.

“OS – I AM” AMPLIFIES CONSTRUCTIVE DESIRES

When we bring our constructive desires into "*OS – I AM*" consciousness, they are amplified with dynamic power. You feel a knowing and certainty and joy that their manifestation is inevitable. You gratefully accept the fulfillment.

When we bring our desires through the heart, they are purified, and this causes some of them to morph a bit. For example, you need to find a new place to live

within the next two weeks. You feel a bit of worry and anxiety. You go into “*OS – I AM*” and bring up your desire. Immediately the worry and anxiety vanish. Then, as you relax, new ideas come to mind. You become open to other options that hadn’t occurred to you. What you thought you needed is replaced by what you really need. The desire is transformed, your motives change and your course of action becomes clear. Then the rational mind does the leg work. Instead of willing it, forcing it, or driving it into manifestation, you allow it to happen. It becomes a flow. And the rational mind does the work.

USING “*OS – I AM*” TO EVALUATE DESIRES

Some of our desires are not in alignment with “*OS – I AM*,” even though they might be constructive. Here’s an example. I wanted to fill a class, so I went into “*OS – I AM*” consciousness and brought up the desire. I could not get the desire to merge with “*OS – I AM*” consciousness. It was like trying to fit a square peg into a round hole. They just wouldn’t blend. So I examined the desire and changed it to “bring to me my students.” That desire not only merged with “*OS – I AM*” consciousness, when I moved the energy out through my heart, a ray of golden light shot out of my chest, like the beam of a lighthouse. The difference between these two desires isn’t just about semantics. The words, “fill up the class” are just as constructive as the words “bring to me my students.” The difference was in my **perception** of the situation. With “fill up the class” I was coming from a perspective of limitation. With “bring to me my students” I was coming from a perspective of flow. “*OS – I AM*” helped me to adjust my perception and my attitude.

Of course, if we have a desire that doesn’t merge with “*OS – I AM*,” and we decide to pursue it anyway, our rational mind might be able to force it into manifestation. But because the desire is not in alignment with our being, it can actually be detrimental to our Life Purpose. We might even have to experience misfortune as our Inner Guidance tries to steer us back on course. At best, we will be going the wrong direction and get side tracked. But that’s our choice. We have free will and can live our lives any way we choose. Every mistake is a learning experience that helps us make better choices.

CHAPTER 11 – OUR DEEPEST DESIRES

HEART DESIRES

Our deepest desires, our deepest longings and yearnings are stored in our heart chakra. The reason the rational mind cannot manifest our deepest desires is because they are not tasks that can be accomplished. They are not a destination. They do not fall within the domain of thoughts, feelings, ego, will power, personality or identity. They are not even part of our intuition. No. They are our path, our journey and our compass. They often involve our service to life.

DESIRE TO LOVE AND BE LOVED

The deepest desire of all is the desire to love and be loved. It reflects our desire for God, the Infinite Source of Pure Love, the fabric of all creation. This desire is not our Life Purpose, which is also in our heart chakra. Our Life Purpose is the way we were meant to influence others while residing in these 3D bodies. The desire to love and be loved is deeper than our Life Purpose. It exists in every dimension, and everyone has it, even people that are cut off. Like homing pigeons, everyone yearns to experience more and more of God, whether they know it or not.

While we are here in 3D, this desire to love and be loved propels us to explore romantic relationships, parenting, friendships and even loving our enemies. First we learn to love ourselves, which for some of us is no easy task. Once we've accomplished this, we expand our ability to experience love to the point where we can find a partner who also wants to explore loving and being loved. Then some of us learn about the unconditional love we have for our children. Then that expands into the world and we learn compassion for others. We learn how to let people be who they are, and learn what they need to learn, in a way that they think is best. We don't have to hang out with them, but we can love, support and accept them with all their warts, as long as they aren't causing harm.

LOVING YOURSELF

Learning to love myself took some effort on my part. Remember the massage, when I first discovered my inability to receive? The problem was more complex. Here's the rest of the story. I was born in a difficult environment and, as an infant, blocked the energy that was projected at me. Unconsciously, I learned how to sustain this state of "protection" and it became a habit. As I got older I noticed that I was able to feel what I believed to be love for others, but never felt that they loved me back, even when they said the words. And while my inability to receive was definitely a factor, this imbalance also caused me to examine my perception of love itself.

I soon realized that I identified love with pain. I thought I was "in love" with someone when I felt pain. At the time, I didn't know how to clear the wounding, but it became blatantly clear that I really didn't have a clue as to what love was. So, I started interviewing people, asking them, "What is love?" I was amazed to discover that no two people gave the same answer. Here is a word that everyone uses every day, assuming that everyone else understands their meaning, and they don't.

Anyway, I realized that this was something that had to be learned experientially and that I had to start by learning how to love myself. Now, because of my spiritual experiences, I definitely knew Divine Love. But these experiences happened in higher dimensions. They were acts of grace. They were not something that I could experience on command. And I had never made the connection that unconditional Divine Love could be experienced in 3D. The third dimension was so full of cruelty and suffering.

LOVE NUGGETS

My self-healing efforts led me to an energy worker who opened my heart chakra. The moment the chakra opened, I experienced golden-white particles of light, particles of pure love, floating everywhere in the air. As I breathed, they came into me, into my heart, and I felt loved! This exists. The supply is limitless. It's there for everyone. I call these particles "Love Nuggets."

Some people have told me that this substance is prana, the “life force” described in ancient Vedic texts, which is believed to be cosmic energy from the sun. Others tell me I’m experiencing the Higgs Boson God Particle. Breatharians have told me that this substance is actually food, and that we can sustain the physical body by breathing it into us. A whirling dervish Sufi mystic told me that breathing this light substance into our heart is just the first step. The next step is to feel it merge with our blood and flow through the whole cardiovascular system. Clearly, I’m not the only one who has had this experience.

After my heart chakra opening, I was able to breathe in Love Nuggets on command, simply by remembering the experience. Having been love-starved, these Nuggets nourished me until I no longer felt love-starved. And when I was no longer love-starved, my behavior changed. The feeling I identified as my “love for others” changed. That feeling wasn’t love. It was need. Not long after this, I found my Beloved Jim and was able to move on to step 2 in my desire to love and be loved.

Love Nuggets are not the Essence of Life that we ACCESS in “*OS – I AM*.” For me, the experiential difference between Love Nuggets and the Essence of Life is comparable to the tactile difference between water and air. Love Nuggets are more tangible. They have more substance. We absorb Love Nuggets through our heart chakra. The Essence of Life that we experience in “*OS – I AM*” is a finer vibration. It is a pure energy that flows through us. It comes into our body through the crown chakra.

Fortunately, most people already absorb Love Nuggets naturally without being aware of it. And these people, those who generally feel that they are loved, will be able to experience “*OS - I AM*” consciousness without needing to explore Love Nuggets. I offer this information for those people who feel that they have never been loved, those who are loved-starved. You might want to explore Love Nuggets in addition to learning “*OS - I AM*.” Personally, I could not have learned “*OS – I AM*” without first having had this experience. It was a very vital step in my journey. For me, it was a physical need.

I’ve taught many people how to absorb Love Nuggets and in 1996 I recorded a meditation tape called, “Opening To Love.” Side One aligns, balances and opens the chakras, and Side Two guides people through the experience. This old, scratchy analog

cassette has been converted to an mp3 file and is also available, free of charge, on the www.os-iam.com website.

Learning how to love and be loved is an experiential journey that we each must learn for ourselves. There are as many paths as there are people. But this deepest desire never goes away. Even when we block it and go into denial, it pops out in the most uncomfortable ways at the most embarrassing times.

I have to include here that the more we experience love, the more love there is. Our capacity to love increases. It's a gradual, never-ending process. You love your beloved to the fullness of your being. Your cup is totally full. And the next day, you're amazed to realize that you love them even more. It grows, like a tree with deep roots.

LIFE PURPOSE

Our Life Purpose is our next deepest desire. It is the way we were meant to influence others while residing in these 3D bodies. It's our desire to help others and do what we can to make the world better. It also resides within the heart chakra. The rational mind can't manifest this desire either, because it is not a thing or a destination. It is a journey. Some people refer to our Life Purpose as the Divine Plan, that which we decided to do before we were born, our reason for life. This concept of a Divine Plan brings up a stark contrast between two polarized schools of thought: "destiny" vs. "we create our own reality."

“DESTINY” VERSUS “WE CREATE OUR OWN REALITY”

Some people believe our life is predestined, and there's nothing we can do to change it, like a train on a track. We have free will to do whatever we want on that train, but we don't control where we are going, or the major life circumstances that will happen to us. Sometimes this can become a path of complacency, learning how to be happy with our lot in life. We can't change things, so why bother? It also can ameliorate feelings of guilt we might have for the suffering of others. That is their lot in life. It is their fate. All prophets and people that read the future, like Nostradamus, believe in destiny.

Others believe we create our own reality. We control the future. Everything we desire is just a thought away. Everything is cause and effect and we are individually responsible for everything we experience, including war. This school of thought is a path of self-mastery. But we notice things get a bit complicated, living in a free will zone where everyone else is also creating their own reality and their reality is interfering with the reality we're creating.

Like the words in John Lennon's song Imagine, "*I hope some day you'll join us, and the world will live as one.*" I dearly love that song, but it echoes a similar sentiment that is expressed by every fundamentalist religion, "when you think like me, everything will be perfect." We will never think alike. We're not supposed to think alike. We are supposed to be unique. Some people believe that because of this diversity, creation is ultimately destined to dissolve in chaos. I don't. I think our uniqueness is our greatest strength.

Nonetheless, we all know that the perceptions of the observer affect the outcome of an experiment. This is a scientific fact. We know we are all connected. Scientific fact. We know everyone's perceptions are different. We know our perceptions can change. We know when our perceptions change, our behavior changes, which ultimately affects every aspect of our existence. We know consciousness is contagious. Consequently, there can be no question that we do, indeed, create our own reality.

On the other hand, NASA has proven that the past, present and future exist simultaneously in the present moment, so clearly, we must also have a predestined destiny.

The only way to resolve this philosophical debate is to consider a third option, one that includes both concepts, "destiny," "we create our own reality," and also includes another factor, the influence of consciousness itself.

While it is true that at any given moment we have a predestined future destiny, we can and do alter that destiny every time we shift our consciousness. Every time we have an "AHA!" realization, our perception of reality alters, which alters our awareness and consequently changes our future. Like a train station switch, our train moves onto a different track. And while, at the switch, the change starts out as a tiny increment, eventually the distance from the old reality becomes huge.



These “AHAs” happen again and again as we progress in self-mastery. These changes can’t be created using affirmations and replacing negative thoughts with a positive ones. This transformation of consciousness comes from asking, and being open to intuitive insights. It comes from healing our wounds and transforming our rational mind. And it comes from following our Life Purpose.

FINDING OUR LIFE PURPOSE

Our Life Purpose is a deep, deep desire within us. This desire is our compass on this journey of life. This desire leads us to the lessons that we came here to learn. This desire gives us the questions to ask.

Many people struggle to find their Life Purpose. They know in their heart that they have a Life Purpose, but they don’t know what it is. Our Life Purpose is usually something we already know, but have forgotten, or have chosen to abandon. Many

children are aware of their Life Purpose. We had a desire to write, and that's what we did. Then our unconscious wounding, our inaccurate beliefs and our ego expectations attached themselves to our desire and **we decided that our Life Purpose was supposed to manifest in a specific way.** If it's my Life Purpose to be a writer, I should have a best seller. I should be famous. I should be rich. When this didn't happen, we gave up on our dream, burned the book and dumped the dream.

But our Life Purpose doesn't die. The ember never goes out. Not only does it lie there, dormant, our yearning for it grows. We become more and more discontent with life without understanding why. For those of us who know our Life Purpose, but don't pursue it for all of our countless "very good" reasons, we try to suppress the longing. We believe that we can't have that which we most want, so we must find a way to accept an unfulfilled life. Like living dead, we distract ourselves, watch TV and do our best to block the yearning.

Our Life Purpose is that which gives the greatest meaning to our lives, that which satisfies us to our core. **It does not necessarily include income, prestige, fame or even recognition.** It is a yearning, a longing deep within our heart that wants to come out. And it might have more than one avenue of expression. It might be something we already do without realizing that it is our Life Purpose, like not being able to see the forest for the trees. For example, your Life Purpose might be to help others feel calm, to just sit next to them and hold a feeling of peace. You're aware that you do this, but it comes so naturally to you, you think it is insignificant. Believe me, it's not insignificant to the people you are helping. Perhaps you love children and whenever you're around them, you always feel friendly, supportive and encouraging. You've done this your whole life. It's just who you are. You'll probably never get paid (or even thanked) for doing this service. Could this be your Life Purpose? Yes. One kind word can change a child's life.

If you don't know your Life Purpose, how do you find it? One way is to ask yourself, "If I died today, what would I regret?" While most of us don't know when we are going to die, we all know that anyone can die at any time. So it's not hard to imagine dying and reviewing our life. When we do this, the longing, the unfulfilled Life Purpose will surface immediately. I lived in the San Francisco Bay area during the 1989

earthquake when the Bay Bridge collapsed and many died. I was stunned at the number of people that wanted voice training after that disaster. My studio was packed. When faced with death, our Life Purpose becomes quite clear.

Another way to find your Life Purpose is to ask your intuition. You need to be open and let go of all agendas and expectations. Ask, and keep asking. The illumination will come. The desire will surface.

CREATIVE DESIRE

Sometimes creative desires are an integral part of our Life Purpose. Much of our creativity stems from pure joy desires. We create a beautiful bouquet of flowers just to enjoy the beauty and fragrance. Some creative desires come from our Inner Guidance, our intuition. A brilliant idea pops into our head, which we may, or may not act upon. (Our Inner Guidance never imposes on our free will). I usually choose action, because I've learned that in the process of bringing this idea to fruition, the journey is going to bring me great joy, satisfaction and transformation. The journey itself becomes a challenging adventure. I have no idea whether that which I am creating is for my benefit, or if it is supposed to benefit others. Ultimately, it doesn't matter. Either way, I'm on my path, trusting my Inner Guidance, bringing that idea into 3D reality.

But there are also creative desires that are deeper than the intuition. These creations are part of the reason we came here. They are part of our Life Purpose.

Creative desires that are part of our Life Purpose have within them the desire to change the world in some way. Whether we are teaching a child or writing a song, we expect our creation will continue beyond our lifetime.

FOLLOWING OUR LIFE PURPOSE

Following our Life Purpose is not necessarily an easy path. Life is life. We get knocked around, and this causes us to question ourselves. And the worst pummeling usually comes from us. All the unconscious garbage in our rational mind bubbles to the surface. This is exactly the reason we need to pursue our Life Purpose. Our Life Purpose is our

journey of transformation. These are the lessons we came here to learn. It can be a rough ride, but the one thing that will always keep us on course is the yearning itself. This magnificent yearning, this Divine Discontent, is a deep inner knowing that wants to manifest. It is greater than other people's opinions. It is greater than our inadequacies.

And when we bring the desire of our Life Purpose into "OS – I AM," we realize that we have to do what we have to do, no matter what. All of our expectations and agendas about money, acclaim, recognition and validation become irrelevant. Obstacles don't deter us. We flow around them and trust that life is showing us an even better route. We keep on keeping on. And by doing this, we feel satisfied. We feel joy. We know that our life has meaning, whether other people get it or not.

Once we know our Life Purpose, we need to be strong and remove from our life all the "very good" reasons we haven't been pursuing this desire, as if we were fighting for air. If you know you're supposed to have children and you're with a partner that doesn't want children, leave and find a partner that does want children. If you're trapped in a job where you're working so hard you don't have enough energy to do anything else, go into "OS – I AM," connect with your intuition and listen. Ideas will come. There are always options. It's your life. You're the only one that can pursue your dreams.

Martha Graham, the famous dancer and choreographer expressed this very well.

"There is a vitality, a life force, a quickening that is translated through you into action. And since there is only one of you in all time, this expression is unique. If you block it, it will never exist through any other medium, and will be lost. The world will not have it. It is not your business to determine how good it is, nor how it compares with other expressions. It is your business to keep the channel open. You do not even have to believe in yourself or your work. You have to keep open to the urges that motivate you. Keep the channel open."

This quote is profound, and it is an excellent description of "OS – I AM" consciousness, fueled by the desire of our Life Purpose. Remember, our Life Purpose is not an idea. It is not a thought. It is not a "should." It is a desire, a yearning. It is an inexplicable, indescribable longing that lives in our heart.

CHAPTER 12 – CHOOSING “*OS – I AM*”

OUR TOOLBOX

So far we’ve learned how to access “*OS – I AM*” consciousness on command. We’ve learned it’s a nice place to hang out. It makes us feel peaceful, calm and harmonious. We no longer feel alone. And when we are fully embodying this Source Of All Love and allowing it to move through our heart, we feel healed to the core of our being.

We’ve learned that “*OS – I AM*” can be integrated into the most mundane tasks of our daily life. And when we do this, not only are tasks more enjoyable, we also are able to avoid reacting to unpleasant situations, or, if we do react, we can quickly pull out of them.

We’ve learned how to use “*OS – I AM*” to transform our unresolved emotional issues, our subconscious preverbal conditioning and inaccurate beliefs. This is an ongoing process, and a vital one. Once we transform this traumatic energy, our true being can shine forth. We are the only ones that can do it. And now, using “*OS – I AM*,” there is a way to heal this, once and for all.

We’ve learned how to discern the energetic difference between guidance that comes from our intuition and the information that comes from our subtle bodies. As we continue to develop this ability, our rational mind will trust this Inner Guidance more and more and eventually our intuition will become our decision maker. It will decide the correct action we should pursue. And our rational mind will get the job done.

We’ve learned how to use “*OS – I AM*” to manifest our desires. We’ve explored desires and learned how “*OS – I AM*” can manage and transform them. We’ve learned the power that is generated when we bring our constructive desires into the light of “*OS – I AM*” consciousness. We’ve learned the difference between those desires that can be fulfilled by our rational mind and our deepest desires that transcend the rational mind. And we’ve learned why some desires don’t manifest.

We’ve learned how to access our deepest desires, how to find our Life Purpose, and the rewards that come when we follow it, even if those rewards do not include income, prestige, fame or recognition.

THE SECRET BEHIND THE SECRET

OK, so now let's clarify how "*OS – I AM*" consciousness is the secret behind The Secret. We've explained why the manifestation techniques that are presented in The Secret won't work if we are not fully embodied, and/or not connected to Source, and/or not able to receive, and/or not able to allow energy to flow through us. Everyone who has gotten results from The Secret, whether they are aware of it or not, was in "*OS – I AM*" consciousness when they did those techniques.

The reason The Secret doesn't work for many of us is because we experience our body separate from our thoughts, separate from our emotions, separate from our spirituality. However, when we learn "*OS – I AM*," and merge these aspects of our awareness into a unified whole, then, lo and behold, the Law of Attraction works perfectly. "*OS – I AM*" consciousness is the secret that unlocks the power of The Secret.

When you want to manifest something, start by going into "*OS – I AM*" and then bring up the desire. Once you are in "*OS – I AM*," your rituals, affirmations, dream boards and visualizations become tools that not only strengthen the desire, but also allow you to attract the future into the present moment. They give you an experience of the desire as if it is already fulfilled, which it is. The past, present and future exist simultaneously in the now. Then, throughout the day, whenever you think of the desire, go into "*OS – I AM*" again and feel the desire as if it is already fulfilled. Be sure to follow up on the ideas that pop into your mind. These come from your Inner Guidance, which is helping you manifest the desire. This is The Secret. This is the Law of Attraction.

There is another reason why "*OS – I AM*" consciousness is the secret behind The Secret. We've all heard the expression, "Be careful what you wish for." The reason for this is because the Law of Attraction is neutral. It will manifest our thoughts, feelings and words, for better and for worse. When we use The Secret, we are creating that which we want, and we are also creating that which we don't want. The reason this happens is because most of us have not successfully eliminated our conscious (and unconscious) thoughts, feelings, words and beliefs that are negative. However, when we start our manifestation process by first going into "*OS – I AM*," and then bringing up our desires,

this state of consciousness allows us to examine, evaluate, refine, transform and even heal our desires. Not only does this give us more control over that which we are creating, the ability to perceive, understand and eliminate these negative influences removes any obstacles that might be preventing us from manifesting our desires. With “*OS – I AM*,” we can get The Secret to work for us, rather than against us. Here are some examples.

- EXAMPLE #1 - WISHFUL THINKING (desires that are not actually desires, but thoughts, brilliant ideas):

Your mother wants you to be a doctor. She sacrifices to earn money for your tuition. You desire to please your mother. You desire to perform well. You desire a good career. So you follow those desires. You apply all of your skills, drive, determination and will. You become a doctor. And then, ten years later, you wake up one morning and realize that you have no desire to be a doctor.

It can be a bit of a shock when we go into “*OS – I AM*,” bring up our “desire,” and discover that we have been working diligently for years to manifest something for which, in truth, we have absolutely no desire. When we go into “*OS – I AM*,” we go into our heart, and from this perspective it becomes blatantly obvious to us that our beloved goal is not a desire, but rather a thought.

Disillusionment is never fun, but it is a tremendous gift. **We cannot manifest our deepest desires when we are preoccupied manifesting good ideas.**

So what do we do when we discover this disillusionment? We go into “*OS – I AM*” and ask to be shown the desires that were buried when we decided to pursue this distraction. We ask to be shown our Life Purpose. “*Ask and it shall be given unto you.*” (Bible, KJV - Matthew 7:7) And when these new desires arise, we now are able to discern whether they are real desires or just great ideas. When we are manifesting our true desires, we feel deep satisfaction, the “daily grind” becomes a flow, and the Law of Attraction becomes our friend.

- EXAMPLE #2 - CONFLICTING DESIRES (opposing desires that cancel each other out, usually with one being conscious and its opposite being unconscious):

You want to be famous. You've been trying to manifest this for years with no luck. Your visualizations and affirmations haven't produced results.

But now we go into "*OS – I AM*" before we proceed with our manifestation techniques. What happens is this. With no effort on our part, we get information about the desire. We see the bigger picture. Out of the blue, ideas and memories pop into our mind. And as all this happens, we become aware that we have a polarized desire, a desire that has been hidden in our unconscious mind, a desire that wants to avoid the very thing we want to manifest. We experience the part of us that does not want to be famous.

How can this be? How can our being simultaneously desire two completely opposite things? This happens because one of the desires is in alignment with our Life Purpose and the other one is something that needs to be healed, something that stems from the inaccurate beliefs of preverbal conditioning and unresolved emotional issues. How do we know which desire is the one that is in alignment with our Life Purpose? Our heart tells us. When we bring these desires into "*OS – I AM*," the Life Purpose desire will make us feel good and the other one won't merge with our heart.

This can be a bit disconcerting, especially when the desire that makes us feel good happens to be the desire to avoid fame. The ego doesn't surrender so easily. Trust your heart. It will never lead you astray. The satisfaction you will gain by following your Life Purpose is greater than anything that comes from ego gratification. Whatever the outcome, whether it be the path of fame or the path of anonymity, you now have access to all those emotions that created the "off-track" desire, which you can then transform using "*OS – I AM*." Once the wounding and inaccurate beliefs have been healed, the block will be gone and the Law of Attraction will work for your benefit.

- EXAMPLE #3 – ADDICTION DESIRES:

When it comes to addiction, the Law of Attraction is clearly not our friend. It actually perpetuates the problem. How do we know when we have an addiction? When the consequences of a behavior cause pain and suffering and yet we

continue to pursue the behavior. It becomes a vicious habit that wrecks havoc in our lives. But worst of all, it completely distracts us from our Life Purpose. In this situation, the secret is to find a way to circumvent The Secret long enough to be able to break the behavior cycle. “*OS – I AM*” is the solution. We covered this in Chapter 10, but let’s apply it to a real life situation.

You’re addicted to shopping. You buy things when you are happy to celebrate. You buy things when you are sad to make you feel better. You buy things to entertain yourself when you are bored. And even though you realize the pleasure derived from your new possessions will be fleeting, the immediate gratification is simply too reliable, too accessible, and too much fun to resist. In the mean time, your credit cards are maxed out, bill collectors are harassing you and your spouse has threatened to leave. How do we control something like this? We can’t stop shopping. We have to buy food.

The solution is “*OS – I AM.*” If we go into “*OS – I AM*” before we buy something, we immediately become aware that shopping isn’t our problem. Shopping is the medicine we use to alleviate our unresolved emotional issues generated by our inaccurate beliefs. We have habitually used this “medicine” so many times that the desire to shop has become a compulsive craving.

When we are in “*OS – I AM*” consciousness we experience the part of our being that can’t be wounded, the part of us that is whole, complete and connected to the Source of all life. We do not feel alone or empty. When we are in this state of consciousness, the Law of Attraction automatically starts functioning from this level of reality. When this happens, the behavior cycle is broken and we are no longer in the grasp of the addiction. In this state we can feel cravings and not act on them. We can observe the cause and effect of the behavior. We can see our inaccurate beliefs, discard them, forgive and move on.

It’s important to realize that the relief derived from practicing “*OS – I AM*” consciousness does not happen instantaneously. Unlike the immediate gratification that comes from our addiction, it can be several minutes before a craving evaporates. But it does evaporate. And because we’re dealing with a habit, the craving might very well return. In which case, we need to repeat the

process until the cravings are totally eliminated. For addictions that involve physical withdrawal, the withdrawal symptoms cannot be avoided. But after the physical withdrawal process is complete, the process for transforming the craving is the same. Once we master our addictions, we can get on with the reason why we're here. We can start living our Life Purpose.

As you can see, "*OS – I AM*" is the solution we've all been seeking. It is an easy, simple way to get the Law of Attraction to work for us, instead of against us. It is truly the secret behind The Secret.

"OS – I AM" AS PROTECTION

"*OS – I AM*" has yet another gift for us. "*OS – I AM*" is an easy way to avoid taking on other people's energy or having our own energy drained. The experience of being energetically drained by the company of another person is quite common. When we go into "*OS – I AM*" consciousness before we see these people, and steadfastly stay in "*OS – I AM*" consciousness while we are with them, this energy drain does not happen.

Also, if we stay in "*OS – I AM*" consciousness around people who are going through major drama, we can assist them without getting caught up in their emotion. Consciousness is contagious. And, if they don't want assistance, or if we don't have the desire to assist them, "*OS – I AM*" will protect us until we can extricate ourselves from the situation.

The reason we are protected is because, when we are in "*OS – I AM*" consciousness, we are radiating the Essence of God through our heart chakra, out into the world. This outflow is our protection. It's impossible to put dirt down a hose when there is water flowing out of it. With "*OS – I AM*" consciousness, we radiate, like the sun, each according to our capacity.

OUR CAPACITY EXPANDS

Like loving and being loved, this ability to move the Essence of God through our heart, out into the world has the capacity to expand. At first we can barely feel it. Then, the more we use “*OS – I AM*,” the flow of this Essence increases and gets stronger and stronger. It’s a fantastic adventure.

HEAVEN ON EARTH

“*OS – I AM*” is more than the secret to manifestation, transformation, and a harmonious life, it is also the **merging of heaven and earth**. Think about it. The OBSERVER SELF, which is your awareness, is INTACT and fully embodied in 3D, which is the earth. We consciously ACCESS the Essence of God, which is heaven, and then MOVE that energy through our heart out into the physical world. When we are in “*OS – I AM*” consciousness, we are generating the experiential reality of heaven on earth.

I used to think heaven on earth was when there would be no more war, poverty or disease. Now I know that the manifestation of these dreams will not cause heaven on earth. Rather, they will be a byproduct of heaven on earth. Heaven on earth is a state of consciousness. And it is a state of consciousness that anyone can learn to access, on command, regardless of the outer appearances and circumstances. “*OS – I AM*” is heaven on earth.

SYNERGY

When groups of people share a state of consciousness, that energy is amplified by synergy. Synergy is a law of physics where the whole is greater than the sum of its parts. It takes a certain amount of energy to break one pencil. But to break two pencils placed side by side requires more than twice the amount of energy it took to break the one pencil. If I go into “*OS – I AM*” and another person joins me in that experience, the energy we radiate together will be more than twice the energy that I was able to generate alone.

Consciousness is contagious. When we are in “*OS – I AM*” consciousness, people around us feel it and their behavior is affected.

Remember, everyone who is born into this world is already in the state of “*OS – I AM*” consciousness. This is not a foreign experience. Some part of us remembers. Also, it’s important to keep in mind that while our “*OS – I AM*” consciousness can be felt by others, the purpose of “*OS – I AM*” consciousness isn’t to manipulate or control other people. “*OS – I AM*” consciousness is the opposite of controlling others. It is a state of allowing others to be who they are, as we allow ourselves to be who we are. We use “*OS – I AM*” to improve our life, to hold our harmony, and to stand our ground.

PRACTICE TIPS

As you teach yourself how to do “*OS – I AM*,” be kind to yourself. It’s OK to make mistakes. No one learns how to walk without falling down a few times. First master each element: Observer Self - Intact - Access - Move. Take your time. Let your intuition help. Be open. Trust. Remember these techniques aren’t thoughts or visualizations. They are something that we do. They are not intellectual. They are experiential.

Then, when you combine these elements, **Observer Self + Intact + Access + Move**, spend time just exploring the experience of “*OS – I AM*” consciousness. Breathe it into you. Feel it move through you. Allow yourself to merge with it. Be with it. Share your life with it. Communicate with it.

Don’t be concerned about mastering the ability to discern your intuition, the subtle bodies and the chakras. Now that you know about them, your perceptions will develop naturally with your life experiences.

INTEGRATING “*OS – I AM*” INTO DAILY LIFE

Once we are comfortable just being in “*OS – I AM*” consciousness, then we can start integrating it into our daily life. This is fun. The first time I tried to access “*OS – I AM*” while I ate, I couldn’t do it! I tried again. I couldn’t access it. So I stopped eating and went into “*OS – I AM*.” But when I started eating, I lost it. So I did it again. I stopped

eating, accessed “*OS – I AM*,” and then, when I started eating, I could only sustain it if I ate very, very slowly. It felt like I was holding back a team of wild horses (my appetite), but I was eventually able to sustain “*OS – I AM*.” As I continued, in that one meal, my entire experience with eating altered. Not food. Eating. It was as if I was sharing the experience with God, or rather, God was getting to experience eating through me. Not only that, I could feel the food move into my stomach. I felt full before my plate was empty! This was a new experience for me.

After a lifetime of dieting, I had come to the conclusion that I was one of those people who didn’t have that “stop eating” switch in my brain. I was wrong. I had been eating without being Intact, without feeling my body. And because of all those years of abuse and discrimination, the act of eating triggered feelings of fear and anxiety. “*OS – I AM*” dissolved it all, in one meal. It still took a while for me to shift the habit. Sometimes I’d forget to go into “*OS – I AM*” consciousness before I ate, especially if I was eating with others and got caught up in the conversation. But bit-by-bit, health, sanity, self-love and mastery triumphed over the addiction. This transformation was huge for me. My gratitude is beyond words.

AVOIDING OBSTACLES

Before we close, I need to add one more thing. It is very difficult to access “*OS – I AM*” when we are physically tired. Also, mind-altering substances can block our ability to experience “*OS – I AM*.” You’ll learn what works as you go along, but it’s best, when we first start learning it, that our body is free of these things. Also, at first it’s difficult to do “*OS – I AM*” when our brain is racing. To access the Observer Self, we need to stop thinking, which is not always possible. Sometimes we’re so busy, even a bathroom break is not possible. Just do the best you can.

When you get more experienced with “*OS – I AM*” consciousness, you will be able to access it at any time, just by thinking the words: **Observer Self - Intact - Access - Move**. And eventually you’ll be able to go into it just using the acronym, “*OS – I AM*.”

CHOOSING “*OS – I AM*” CONSCIOUSNESS

Our consciousness is in a constant state of flux and we are the ones who control that flux. No other person can control our consciousness. This is our job. We are the ones who decide how we will experience life. When we shift our state of consciousness, our perceptions change, creating effects that ripple out and fill our entire world, ultimately touching everyone we contact and all manifestation around us. We really do create our own reality, and everything we experience is a direct cause and effect of our state of consciousness. There is no way to escape this. The only way we can change reality is to control our state of consciousness. This is a moment-by-moment choice.

The basic **default** state of consciousness for just about everyone is to deal with life as it happens, doing our best to handle all the things that need our attention. In this state of consciousness, we usually don't examine our life or why we are attracting certain experiences. We are often so caught up in life's demands we don't have the time or the interest to even explore our consciousness. Instead we live life acting and reacting to situations as they occur. This state of consciousness is not unlike the reality experienced by our pets. Of course we're smarter than them and our life is much more complicated, but the state of consciousness is essentially the same.

Those of us who actively work with our consciousness have some degree of mastery. We have learned and benefited from many wonderful transformation techniques. Some of these techniques use the Observer Self. Some of them transform us using the physical body. Some focus on connecting to higher consciousness, exploring higher dimensions and intuition. Some practice mastering the energy of our subtle bodies. Some work with the rational mind. Some delve into transforming our unconscious mind. However, if you are like I was, the effectiveness of these tools was limited because I was applying them from a fragmented consciousness.

“*OS – I AM*” integrated my fragmented consciousness, merging all aspects of my awareness. Consequently, my experience of these techniques has altered dramatically. Some of them are much more effective. Some of them finally work, especially the rational mind techniques like affirmations and visualizations. And many of them have become unnecessary.

This integrated awareness, “*OS – I AM*,” changes our every perception. It is an operating system for human consciousness, an amazing experiential vehicle that anyone can learn and that benefits every life experience.

We can be completely caught up, reacting to a situation, and notice that our consciousness is in default mode. Then, in a matter of seconds, we can go into “*OS – I AM*.” Our perceptions change, which changes our behavior, which alters the situation. Our consciousness can shift that quickly.

Don’t get upset when you fall back into default mode. We are mastering years of habit, unhealed wounding and inaccurate beliefs. Also, because the majority of humankind live in default mode, we are affected by their reality. Consciousness is contagious. What matters is that we have the ability to recognize the situation and the tools to consciously shift our consciousness.

Shifting into “*OS – I AM*” consciousness is easy. And since the Observer Self is automatically engaged whenever we employ any of the techniques, all we really need to remember is **INTACT - ACCESS – MOVE**, and voila! We’re there. Feel your body, connect to God, allow that glorious energy to effortlessly flow through your heart, and from this state of consciousness, live your life. That’s all there is to it. Your consciousness is now using an operating system that will make your life very interesting. At this point, our only challenge is to REMEMBER to do it.

THE MAGIC OF LIVING IN “*OS – I AM*” CONSCIOUSNESS

We create our own reality, and “*OS – I AM*” is a fantastic way to be alive on planet earth. Living daily life in “*OS – I AM*” imparts a feeling of anticipation, a feeling of a vibrant potential that is ready to burst forth. Life feels magical. Instead of the rational mind deciding what our life should be like and forcing it into manifestation, life becomes a flow.

No one can control our consciousness. Our consciousness is free. It cannot be monetized, patented or imprisoned. Our consciousness is ours to do with as we choose.

“*OS – I AM*” consciousness is the secret to manifestation. It is the secret to healthy relationships. It is the secret to self-transformation.

“OS – I AM” consciousness affects our relationship with our body, our relationship with our family, our relationship with our partners, our relationship with our neighbors, and our daily work environment. It alters our perceptions about life and adjusts our money dynamic. It frees our creativity. It transforms feelings of grief and loss. It enhances our spiritual practice. It heals our unconscious wounding, including our unresolved emotional issues, preverbal conditioning and inaccurate beliefs. It gives us the strength and resolve to follow our Life Purpose. *“OS – I AM”* is easy. It is fast. It is free.

When we remember to hang out in *“OS – I AM,”* life becomes like a sailboat on a magical journey. Our Life Purpose is our compass, pointing us in the right direction. Our intuition is the Captain of the ship, guiding us, directing us and protecting us. Our rational mind controls the rudder. It accomplishes all of our 3D needs. Our desires fill our sails with wind, propelling us forward. And *“OS – I AM”* is the boat itself, our vehicle of transportation, our operating system, our perception of reality, our fully integrated consciousness, experiencing, transforming, enjoying, creating, and playing with this fascinating multi-dimensional reality that we call life.

“OS – I AM” consciousness is the unique manifestation of the fullness of our being. *“OS – I AM”* imparts a feeling of spontaneity, a feeling of “what’s going to happen next?” There is an optimism and trust that something good is going to happen. There is genuine happiness and satisfaction, even when there is no apparent reason for it. It’s wonderful.

I sincerely hope that *“OS – I AM”* will benefit your life as much as it has mine. Be sure to utilize the free support that is available on the www.os-iam.com website. I’d love to hear about your experiences. May you live well and prosper.