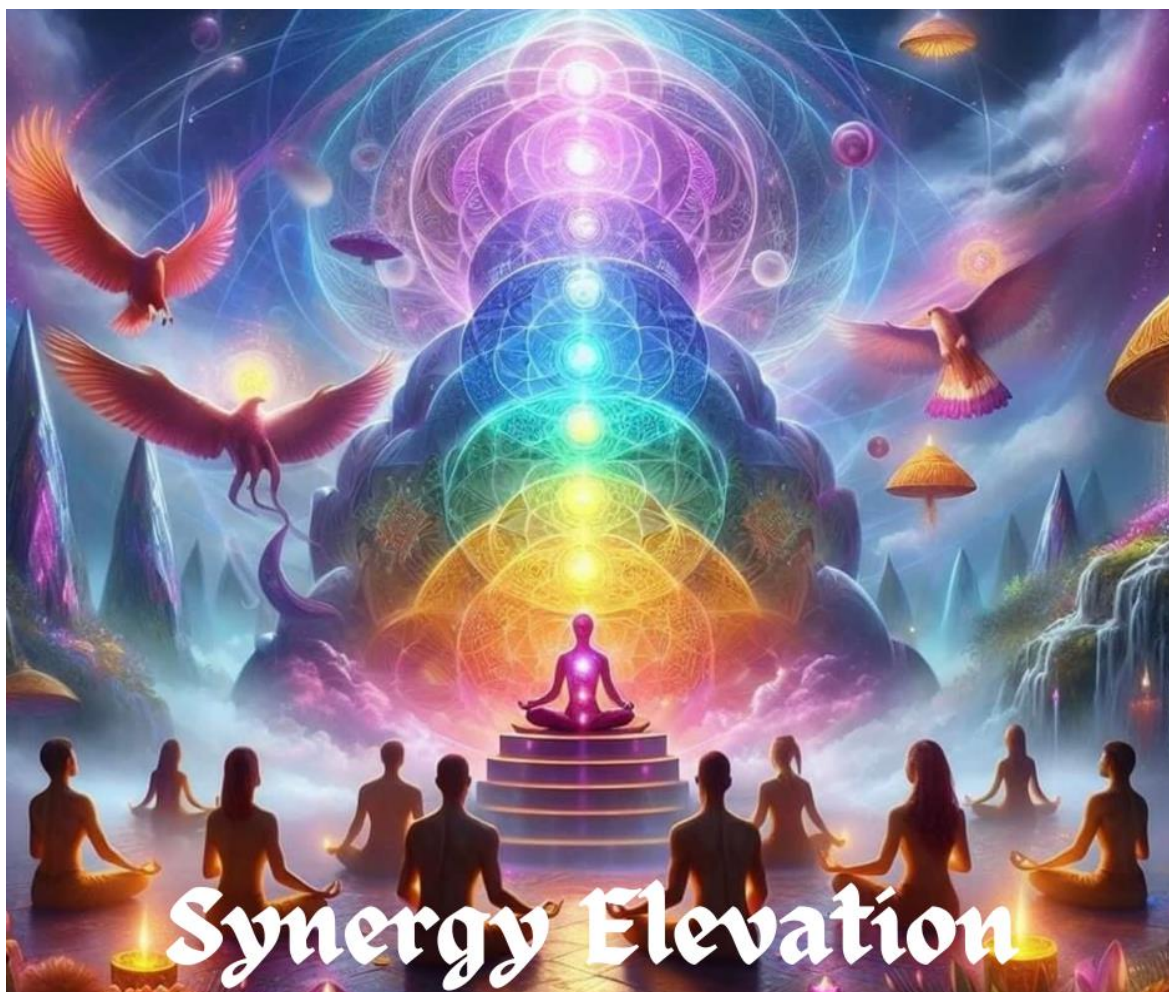


# Soul Food



We aim to offer you information, insights, and wisdom  
to assist you in detoxing the body, mind, and spirit

lai ping lee

## Preface

**Our purpose is to provide wholesome food and insightful wisdom for our soul**

**Sincerely wish this book gives you hope and inspires you to be a changemaker!**

We intend to remind people to pay attention to the food they consume, to pay attention to the fake healthy diets regurgitated by mainstream media, and to pay attention to the things that our spirit needs and soul nourishment. We aspire our concern will instigating your critical thinking, also, lead you to take good care of your physical, psychological, and spiritual requirement, as well as aim to impact people to pay close attention to real statistics and realize that the bad things happening now are orchestrated by a small group of corrupt elites.

I am openly share my last sixteen years of self-discover journey and spiritual path, with hope that our heart-to-heart conversations offer you with important information, evidence-based facts, and natural remedies to restore your avatar. Also prompts people to question the many unreasonable regulations manipulated by the evil forces, the toxic injection needles, the methods of medical care, and the artificial foods that they push on to our bodies. Because, if people don't wake up, they will not only suffer from food poisoning and various diseases, but also the criminal elite shall take full advantage of people's naivety trust and harm our lives.

I comprehend that when we courageously take the first step to start questioning the motives of those in power and the authenticity of the stories reported by social media, through rational analysis, it is not difficult for the sharp eyes of the masses to discover the unethical, hypocrisy, deception, misleading, propaganda, fraud, bullshit, and the two-faced elites that fabricated all those evil schemes. This is the beginning of our self-awareness, self-awakening and self-reliant timeline. Let us influence and inspire each other, let us support each other and join the movement of revealing the truth.

Although the criminal cabal thinks they have the ability to hide the facts, yet, they can't deceive our warrior's eyes or defeat us as we are united as One. Although they believe they can collude with lawless authority figures to stir up trouble, but they do not have the capability to create storms that devastate the world. We need to remember, that we are the magnitude upright general public, and we possess indestructible avatars, they are just a handful of crazy arrogant bastards, and they lack the divine power to destroy mankind.

I learned that when we become more self-aware, then we shall realize that we are no longer victims. When we no longer remain silent and stand up, as we unite, and we have the power to put a stop to the devil poisoning mankind in cruel ways. Also, as we boldly speak up to expose the truth and lodge a protest, then the elites' unscrupulous conspiracy will be impossible to succeed.

I strongly believe that as we help each other, support each other, encourage each other, forgive each other, care for each other, understand each other, promote each other, inspire each other, cheer on each other, lead each other, trust each other, love each other, and assist each other to shine. Together, the spirit of humanity is powerful enough to overthrow the globalists' diabolical plots and rewrite the history of mankind.

With these considerations in mind, our website will make unremitting efforts to share wellness insights, the benefits of natural herbs, and spiritual treatments for health. We continue to spread the message of positive impact, offer inspiring wisdom, introduce skills to transcend the body and navigate the mind game, also decode eating patterns, and reprogram new knowledge to interrupt consumption habits.

Along with presenting helpful natural remedies, self-healing techniques, holistic treatment technology, and energy therapeutic from spiritual healers to assist people returns their bodies to a healthy state. In addition to providing spiritual teachings, thought-provoking information, insightful knowledge on wholesome nutrition to demystify the pharmaceutical sick-care scheme, and to utilize quantum healing technology to rebuild proactive well-care system to benefit humanity.

Because humanity is at a critical junction, we believe it is our responsibility to eat healthier, take good care of our well-being, and heal our bodies. When we persistently increase our self-awareness, as we work together to respond to current challenging circumstances, not only we can protect each other, but we are also empowered to experience and participate in a new era.

Our majestic dream: is to foster a sovereignty community of like-minded warriors who are willing to join forces to make a difference. We collaborate to build sanctuary, to use wilderness to grow organic herbs, manage fruits and vegetables plantations. We are relentlessly share vibrant energy of love, the vibration of happiness, the frequency of peace, and work together to achieve grandiose projects.

Let us create a new world full of love and peace, and in this united family, we can share joys and effort to develop our true selves and be eager to serve the higher interests and greatest blessings of mankind.

Please subscribe to our website Synergy Elevation and follow our progress. Your encouragement, your suggestions, and your unwavering support are the greatest blessings to our souls. This shall bestow us the strength to continue to challenge our elaborate ambitions and encourage us to accomplish our goals.

**We are the change we want to see in the world.**

I firmly believe that every experience, every hardship, every difficulty, every pain, every challenge, every failure is a test of our souls. All that is for cultivating the seeds of awakening, and for fostering our ability to be resilient. Also, for planting a strong foundation to our discover adventure, and for us to accumulate life experience. Further, every encounter is nurture us to become our true self, and they are all greatly blessing us to thrive.

With infinite love and deep gratitude, we honor the trailblazers who paved the way and the everyday heroes who are making waves in our communities.

**Now is our time to be the changemakers!**

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## Inward Travel

We have been taught for a long time to look outward. We use external pleasure to escape or to avoid facing inner dissatisfaction. We are trained to look outward, and feel we need validation from other people, also, we long for others to save us. We forget that we are our own savior.

When we dare to step out of our comfort zone, take a leap of faith, and embark on Inward Travel, we will discover the genius within us.

Here is what Inward Travel may reveal about the character attributes of your true potential:

Your true self, strength, gift, light, weakness, fear, uncertainty, capability, uniqueness, condition, pattern, confidence, habit, affection, program, belief, authenticity, resilient, craving, audacity, potential, openness, dedication, leadership, fearlessness, determination, resourcefulness, willpower, spontaneous, insightfulness, enthusiastic, desire, creativity, intelligent, resistance, fortitude, magnificence, warrior, heroism, inner child, self-acceptance, self-worth, self-forgiveness, self-gratification, self-respect, self-inspiration, self-love, and internal genius.

Look within, this is where you acquire self-awareness, a beginning excursion of mindful living. Then you joyfully travel inward, knowingly surrendering and enjoying the journey to connect with your soul. Soon you will experience an epiphany moment with your higher self when you need guidance and insight. You have conviction in your decision-making and know that you have access to your authentic power.

As you continue to walk on this inner quest, you will find out more of who you are, what makes your soul smile, and what are your passions, you will acquire the ability to speak from your heart, as well as love to authentically, and share your gifts with other people.

Your ongoing Inward Travel will lead you to ignite your soul, you will experience self-forgiveness and self-healing. As you courageously self-discovery, you will obtain self-clarity and self-realization. When you persistently work on self-

improvement, you will gain self-actualization and self-mastery, and then you know love, inspiration, and empowerment have come from within. You will understand what your true calling is.

You recognize inner joy, peace, love, creativity, and abundance all around you, and reach self-actualization and higher consciousness it is attainable. As you raise your awareness, you are free from ego-mind control, you will see the goodness in every circumstance, and then you cannot be triggered by so-called unpleasant people or situations. You treat other people as you would like to be treated since now you know that we are one. With this knowledge, you are willing to bring the best out of others.

Words are meaningless without action, and they don't contribute intelligence to our development, only Inward Travel and experience that facilitate us to evolve.

 **Offer you the tools for your Inward Travel: Silent Meditation** 

## Don't Look Outward, Travel Inward

In 2009, a very well-known spiritual teacher came to Toronto to teach channeling, I was eager to learn from her, so, I longed to attend her workshop. However, it was \$200 for 3 hours seminar. At that time, it was too costly for me, since I needed to save \$5000 to pay for the editors and to publish my book.

Hence, the day before the event, I asked the Universe to bless me with a miracle. I talked to my higher self as a friend and to express my wish, *"I really wanted to go to this workshop, yet the ticket was \$200. I do not have the money at this moment to pay for it, but I am willing to pay \$100 to meet this amazing spiritual teacher. If it is meant for me to have this learning lesson, please bless me this*

*miracle to come across someone that would grant me this wish and give me the ticket for half price .....*"

After this open conversation, I set the alarm clock to get up at 6 am and plan to go to that seminar .....

During that morning, I had an incredibly vivid dream .....

I was walking into a big hall when a woman stopped me and asked me to fill up 5 pages of paper, I completed the survey and gave it back to her, she looked at the question and responded, "You have a very interesting inquiry, I will make sure the teacher channels your request. "

Then she took me to a seat.

I was sitting in the last row, paying attention to the spiritual teacher channeling. Then I saw some people leaving, and somehow, I felt an inner voice saying, "I know this information too."

Later, more people passed by me to leave, and I sensed that intuitive voice speaking again, "it did not seem like she had given any new material to the audience, this was why people don't want to waste their time. But I had just paid \$200 for the ticket, and the assistant promised to channel my book title, I had to stay."

Later, a very intense voice knocked my head, "You know this already, time to go."

Then, I moved my body, and awakened back to this reality .....

I revisited this dream, full of questions, then sat up meditated on the message, and asked my higher self for clarity.

A powerful energy hit my crown chakra with an insightful message:

*"Whatever I want you to have; I Gave it to you already, don't look outward, Travel Inward."*

No words can do justice to accurately describe that indescribable sensation, phenomenal energy, intense feelings, and majestic encounter that I had experienced at that moment.



This was a wake-up call guiding me to start my inner travel, to learn self-discovery, self-inquiry, and self-realization. Through gaining self-awareness and self-consciousness, I know myself better each day, also, have the mindfulness to utilize this valuable tool to master this game of life.

Further, I was directed to use my personal experience to share my deepest Inward journey with the humanity. I believe this inner voice bestowed me the book title *Travelling Inwards*, and led me to explore inner world. Yes, from that moment on, I knew my Higher Self had guided me to experience this magnificent adventure abundantly.

Indeed, whatever my higher self wanted me to have, it Gave it to me already. Otherwise, I could not obtain this wonderful body, partake in this tremendous discovering journey, or be able to receive wisdom guided through incredible opportunities, nor have the ability to stand with my true self, additional to participate in such a magical life experience.

Definitely, everyone has their own path to walk on in order to raise their consciousness. May you discover your own inner voice !!

With great love and deepest gratitude, please share Your profound inner journey to inspire others to awaken and grow!

## Free Spirit

✈ As walking on this inner quest for the last 16 years, I was a spiritual junkie, wandering around and exploring many different spiritual teachings. Yet, I am not a follower of any religion.

Yes, when I was traveling around India and Nepal, I visited countless Hindu temples and ashrams, also attended numerous holy worships, and offered service. Yet, I am not a Hindu disciple.

Even though when I visited the United States, France, Spain, Mexico, Peru, and Bolivia, I had participated in many devotion services and sacred ceremonies at the church. Yet, I am not a Christian Devotee.

Likewise, I was delighted with the Buddhist pilgrimage during my time in India, Nepal, Myanmar, Japan, Singapore, Cambodia, Thailand, and China. I was meditating at countless sacred temples, chanting scripture with 20000 monks at the Dalai Lama teaching. Learning the Dhamma wisdom, as well as doing the Dhamma service and sleeping at the Temple sanctuary.

Besides, I have been practicing Vipassana meditation for the last 16 years, in addition, attended 20 courses of the 10-day silent meditation retreat. Further, I had written a *Travelling Inwards* book to share my 100-day spiritual quest and seeking adventure in India.

Because of those facts, some people classify me as a Buddhism disciple.

I am admitted, I did not fit into those label boxes, nor do I intend to follow any religion. I practiced Dhamma teaching because I felt resonate with my heart, and my soul guided me to utilize Buddha wisdom as my guiding light in this self-discover journey.

Since I learned that, when Siddhartha Gautama Buddha came to earth to share enlightenment, he never insisted people follow any particular religion or told people that if you don't become Buddhism, you cannot enter into Nirvana.

After years of intensive research, I have discovered that religion is men-made. It was fabricated by those who were hungry for power and invented to satisfy their evil mind control games. Evidence has revealed that globalists are colluding with evil forces and manufacturing a diabolical deception in which they conspire to construct religion as a tool to manipulate human consciousness. Furthermore, religion is weaponized by them and used to implant fear, to separate people from each other, to make us define and label each other, or to fight against each other so that the elites can successfully play the game of divide and conquer.

I do not intend to disrespect any religious followers. If my view offends you, I apologize that it's not my intention. I just want to point out something for you to do your own research.

I want to clarify this for my soul to experience, I am a spiritual being who chose this physical avatar to explore this reality. Also, I am an old soul, and I am here to remember who I am. This reason why I felt connected and perceived as fascinated by temples, ashrams, monasteries, shrines, churches, cathedrals, synagogue, historical monuments and sacred sanctuaries, and archaeological sites. Each time I visited ancient land and meditated at the antiquity place, I energetically sensed the relation with our prime ancestors and powerful energy elevation.

Certainly , I am a Free Spirit, I am religious-less. I believe in the unseen force, I believe in the Creator, and I embrace every human on earth. No matter whether they are nonbeliever or choose to walk on different religious paths. Absolutely, like a wise soul said: "Kindness is my religion!"

Definitely, I am learning not to judge, not to label, and not to define people where their consciousness is at this moment. I realized that whatever meant to be for our avatar to experience, our heart shall guide us to the perfect adventure. 🦋

🦋 Yes, I am Free like a Bird! 🦋

## Trust the Universe

May this story inspire you to honor every moment that you have with your awesome father, as well as treasure your loving relationship with your beautiful family.

"December 2010, I received news from China; that my father had a stroke, and he was taken to hospital in intense care and unconscious.

I was shocked and, immediately I was on my knees, praying to God and requesting to save my father. Then, I was begging God every day to alter the situation.

Yet, a week later, still, nothing changed...

One day, I said this to the Universe, *"I just started to rebuild my relationship with my father during the last year, since we were in an unfriendly relationship and nonspeaking terms for 10 some years. Now, I promised him that I would dedicate my Chinese book to him as my gratitude for preparing me to be who I am today. He has not seen me complete my book yet, he cannot die. God, please grant my wish, I believe you can save my father. I am willing to become a nun in exchange for a few more months of his life."*

You see, my ego was trading with God, the situation did not work in my favor, or God had a better plan for my life, I didn't know much about how the Creation worked back then ...

Also, I was in such denial and did not want to go back to China to see my father, I wished hoping as long as I did not return to China, he would not go anywhere. Yet, 3 weeks later, while I was on the airplane to travel back to my hometown, my father shifted to the other side ...

After my father passed away, I was angry at God, I was outrageous to the unfair Universe, I stopped praying, I stopped meditating, I stopped writing, and I was seeking a temple to go on for hiding.

After a year-long of frustration and depression, a friend took me to see a spiritual teacher, he reminded me of all the life lessons I had learned and seemed to forget. I realized that everything in life happens for a reason and a lesson, as I looked deeper inwardly; I discovered that I was holding my anger from my childhood.

Am I taking responsibility for my life, or am I blaming others or the situation?

Am I holding on to the sorrow, or am willing to forgive and let go of everything?

Maybe, God saw my father in pain and unconscious, He helped him to be free of the suffering. Why could I not see this perspective and be grateful for God in granting my father's wish? I failed to see if I kept being angry, not only did I create pain for myself, I also wouldn't be an optimistic person, I wouldn't be fun to be around, and I would lose an awesome opportunity to connect with another amazing human being.

Ultimately, I learned that when I am holding onto anger and any negative emotion, is like I was holding onto a hot charcoal in my hand, with the desire to throw it at someone else; but I am the one who gets burned first. After this realization, I chose to let go of my rage, I chose to forgive myself and I chose to have a positive attitude to continue on my inner journey.

Then a month later, my father appeared in my dream, and he expressed, *"Don't be angry at God. Since I cannot help you in my lifetime, I chose to go on to the other side, now I can help you to accomplish your mission in your lifetime."*

I woke up in amazement and contentedness, I cannot describe to you the profoundness and the powerfulness that I had experienced from that message. Equally, this monumental event forever shifted my consciousness about trusting the Universe - everything is in Divine order.

**Yes, my greatest pain is also my greatest gift. Now, I learned my lesson.**

My beloved father, wherever you are, I know you are with me in spirit. I Love You, I appreciated you being my wonderful father. I am thankful to you for blessed me the extraordinary message and to propel me to move forward.

## Healing Childhood Wound

I was at the Vipassana meditation center doing 30 days silent retreat

One day, during my silent meditation class, as I was focused on my breath, I sensed my heartbeat rising faster and faster, it felt like a flower blossoming movement in the heart area. I was concerned for a moment, then attempted not to pay much attention to it and continued to concentrate on my meditation.

Later, I detected a very heavy and strong sensation on top of my head, almost like something knocking my brain. I thought that it was very unusual. Then I shifted my wandering mind to focus on my breath, aware of the air in and out of my nose.

After that, something else caught my attention, my ear was ringing, and I felt a high-pitched tone sound, thus I could no longer ignore this bizarre situation. I stopped the meditation and curiously questioned my higher self, what is happening? In that extensive silence, I know my wonder mind has interrupted my meditation course .....

The next day, after lunch, I was hiking in the wilderness behind the meditation center, it was -20° in the winter month, no one around me. I was walking around the woods and pondering my spiritual quest.

Suddenly, at this long walk in the forests, I perceived a man's soft voice, followed by a little girl's joyful giggling ...

I was in shock at first, then I laughed at myself, such absurd phenomena have been happening one after another these days. Am I in delusion or is something wrong with my brain? There is no one around in this wilderness!

While I was examining my insanity, I comprehended a distinct expression from a gentleman:

*"You are an apple in my eyes!"*

then that little girl delightful chuckled and heartily laughter rebounded around the forests.



In that indescribable and miraculous moment, tears streamed out of my eyes uncontrollably, my soul knew that the little girl was me, and that man was my beloved father.

Unbelievably, I was elevated to another time and space, I revisited my childhood, and I was reconnected with my precious father.

In that eternity moment, I was in complete astonishment, I was speechless, I was mounted in stillness, and cannot fathom this phenomenon ...

Eventually, I came back to my awareness, to grasp what transpired, to comprehend what is the message for me to receive. Incredibly, I realized this profound incident was to help me to heal my childhood wound.

Well, I was raised in a dysfunctional family, and since my father did not express his affection toward me during my growing up, I garnered a belief that he did not love me. As a result, I mistakenly created a miserable story that I was unlovable, I was unworthy, and I was an unhappy person for a long time...

Today, my beloved father wanted me to experience a different reality. Ultimately, in this ecstatic state, I felt true love; I started revaluing my relationship with my dear father.

Although my beloved father never verbalized his love for me. Nevertheless, I knew he did his best to take care of my well-being. Although our family was living in extreme poverty condition, yet, he did save every penny to buy me things for schooling. Although he was not a perfect father, yet, I recognize he did what he thought was ideal to teach me. Although he did not take care of me the way I anticipated from him, yet, he did put a roof over my head and food to fill up my stomach. Although, he was an alcoholic and unconsciously abused his own children, yet I knew my father deep down was tender-hearted.

Especially today, I got an incredible insight into my soul contract, in this lifetime, is to learn unconditional love, this reason I had a soul agreement with my father when I chose to reincarnate on earth. Hence, I realized that all circumstances with my father were meant to serve my higher good, as well as to propel me to be more compassionate toward others and share unconditional love.

With this awareness, I chose to forgive my father's actions and also to release all the drama and trauma that was holding me hostage.

After years of inner work, I confidently know that I had transmuted my karma with my beloved father...

Marvellously, 8 years of my father's passing away, he noticed my struggle for a breakthrough, so, he orchestrated this surprise and came through the new timeline to uplift my spirit. In addition to articulating to me his unspoken love, he has bestowed me the strength to triumph over this challenging period.

Indeed, now is the time for me to create new story, also give new meaning to all those difficult experiences and only focus on the narrative that enrich my soul growth.

I am earnestly grateful for this unique message, this healing impact, and this transformational energy. With those blessings, I imprinted this precious love into my heart, and rejoice for knowing that I have healed the unworthiness's wound.

I am sharing this incident; it is intended to invite you to revisit your childhood encounter, reassess your growing pain, revalue your family dynamic relationship, and reconsider what is the true belief that serves your higher good.

Equally, to review uplifting memories and rewrite some of your "misfortune" stories to empower your soul. Since blame, anger, unforgiveness, frustration, and bitterness emotion is not the foundation energy to uplift our transformational journey.

## Let Us Turn Pain Into Purpose

✿ Our pain is our tool to awaken and free from suffering ✿

Have you noticed, that when your body experiences pain, you are more aware of the Sensation that has arisen in your physical body?

Do you know, that when you are aware of the body's sensation, you are on the path to the present moment? When you pay closer attention and are mindful to observe the sensation in a nonresistance way, you are possibly Entering into a state of pure consciousness.

When you continually surrender, you are dissolved in the pain body, and you are freed from the suffering. Further, when you accept the pain and embrace the sensation, you can experience oneness with the Universe.

You see, pain is necessary, pain is guidance, and pain is a tool, when you use this instrument wisely, you can turn pain into a blessing, as well as you can turn pain into purpose to serve your best interests and higher good.

Similarly, now, mankind is experiencing pain, which brings awareness to our mind and most people start asking intelligent questions.

Why is this situation shown in our reality?

What lesson do we need to master to heal our bodies?

When is humanity going to awake, and realize this materialistic world and over-consumption no longer serve humanity's wellbeing and elevate our consciousness?

You see, questions lead to soul searching, questions lead to finding authentic answers, and also lead to researching the facts, and speaking up for the real truth.

In my opinion:

Fear is necessary - it allows us to pay attention to our consciousness.

the pain is essential - it provides us with self-awareness to research.

the question is required - it makes us investigate the narrative of the Truth.

the discovery is necessary - it frees us from the mind control game.

the sickness is required - it drives us to revalue what we consume each day.

the isolation is essential - it bestows us ample opportunity to do soul searching.

the loss is required - it presents us with more possibility to uncover self-character.

the evil events are necessary - it force humanity to wake up and seek a path of self-preservation.

the challenge is essential - it pushes us to find better living solutions.

the seeking is required - it gives us solitary to ponder why we make those choices.

the awakening is necessary - it guides us to pursue liberation from suffering.

soul searching is essential - it inspires us to know who we are.

being a rebellion is necessary - it demonstrates our strength and our resilience.

My wise friends, now we all see the current situation is necessary, it is a tool for humanity to awaken from the materialistic world. When we learn to accept the Mother Earth surprise, and not to resist it or fear the unknown, we can turn these extraordinary circumstances into blessings.

What's more, when we see goodness in everyone, every situation, and every time, our peaceful and graceful energy can dissolve any difficulty.

**Indeed, our greatest pain is our greatest gift! Let us turn pain into purpose!**

## Let Us Play the Victory Game

Today, I felt a call to share my awakening journey :

2014, has been a major turning point in my evolution, many profound experiences and lessons have transformed my life forever.

Here is what I discovered: *"Stop playing a Victim game"*

*"Everything happens for a GOOD reason!!"* When I truly believe in this, I free myself from the mind control game and come to a deeper self-realization. Also, it

puts me in a state of gratefulness to the Universe for always knowing that the best thing for me is to learn and to expand my consciousness.

You may not agree with me at this moment, you may ask how I can make this bold statement, and you may question why I have this conviction. Please read on...

Many of you know, that when you walk on this awakening journey, you will be shocked to find out how humanity has been deceived and misinformed for a long time. When you go down the rabbit hole, you will disbelieve what we are being fed and what we are being lie to, when you discover the facts that the cabal designed all those scams to enslave mankind, your soul will be compelled to act in righteousness and stand up for the truth.

That is how my journey began ...

When I learned that consuming animal products and synthetic food was permitting the wicked to program us to be uncompassionate beings and create anxiety in the body, I chose to be self-disciplined for my conscience and stop eating meat.

When I learned that cabal intentionally inserts chemicals and poisons into our daily food, it led me to worry about what I ingest that harms my body and then guided me to discover a healthy diet.

When I learned that globalists have a dark agenda to purposely depopulate mankind, I was angry and questioned why God allows the evils to conspire in those plans.

When I learned the fraudulent banking cartel did not lend us any physical money to buy a house, it was just a digital numbers game. Such transpires me to take action and confront the banking system in court.

When I learned the corrupt government regime deliberately created a system to control humanity, I contested online and joined the movement to protest.

When I learned the dark force calculatingly alters our consciousness and our DNA, I was dropped into fear and depression, screaming at the Universe, how can

humanity thrive when we are under all those manipulation and unbelievable conditions...

Consequently, I started to play the victim game, blaming the control system, and resenting everything that happened around me. Also, I was outraged that the Great Creator allowed all those nefarious scams to occur to humanity. All that frustration disappointment and suffering caused me to shrink my energy field, I was miserable, and I lost my mind. thus, I was in such low-vibration turmoil, which triggered my despair and illness...

Finally, through meditation and soul searching, I had indescribable self-actualization :

Depression and sickness were the best things to happen in my life!!

I am not just saying this to be facetious, or not being honest about this phenomenal metamorphosis intricate experience, nor being egotistical to make myself feel good. Because what I have gained was far more than I could've imagined!!!

If I hadn't walked on this discovery journey, I would remain attached to the materialistic world, trapped in anxiety and craving prison, also playing the hunger consumerism game.

If I hadn't walked on this discovery journey, I would still intake sugar, GMOs, and processed or dead food. Now, I learned to read labels every time, if I can't pronounce it or don't know what it is, I don't eat it.

If I hadn't walked on this discovery journey, I would continue being a paralyzed human and acting in fear, longing for God to come to earth to save me from evil.

If I hadn't walked on this discovery journey, I wouldn't experienced depression and sickness, I would not have uncovered self-healing in my consciousness, and also gained knowledge about natural nutrition and healing remedies.

If I hadn't walked on this discovery journey, I would not have found out that the criminal bankers, the unlawful court, and the fraudulent government are all in collusion to deceit and aim to enslave mankind. I would still obviously live in the bubble. However, all those corruption systems were meant to push me to walk on this awakening path.



If I hadn't walked on this discovery journey, I would not have been able to cultivate self-acceptance and self-resilience to triumph in all those life-challenging situations.

If I hadn't walked on this discovery journey, I would still be indoctrinated by organized religion, I would crave for God to utilize the magic wand to vanish the evil forces.

If I hadn't walked on this discovery journey, I would not know how to travel inward and connect with my inner self. I would not have discovered that I am a powerful being meant to be on earth to create something magnificent with the universe.

Undeniably, I lost my mind; it transpired I lost my ego mind too!

Yes, an empty mind for sure is a lighter body, also obtains more new things and allows it to contain more wisdom. Being a victim only holds me in a state of powerlessness, when I truly embrace everything that serves a purpose, I am experiencing a new reality.

Certainly, "Everything happens for a Good reason!!" Now, I have evolved into a lighter spirit, I can comprehend clearly what programs run my supercomputer, and I can disengage from accumulations that no longer serve my higher good.

Indeed, it is a paradox here, when the unconscious mind judges the experience as bad and acts as a victim. Therefore, inviting more of those experiences to maintain that Victim status. Until I raise my consciousness and become mindful of my inner world, as well as have the self-realization that I am a spirit and chose to be on earth to create something magical with the Universe. While I am taking full responsibility for what I want to manifest, then I can dissolve all mind control programs and withdraw playing the victim game.

Hence, I stop blaming or insulting the Great Creator for putting me through all those trying times, since the Great Creator does not produce anything that is nonbeneficial, every situation is meant to elevate my consciousness, when I truly believe everything is a blessing, I revoke the same meaningless circumstance from repeating.

I discovered that more challenging events happen in my path, it means that the Universe knows I am ready to learn more and have the capacity to take on more responsibility. Further, it means a more colorful life I get to experience which assists me in expanding my consciousness.

Definitely, I am not here to play small ! Let all those lessons strengthen my magnificent avatar !

I am profoundly grateful to this incredible discovery adventure for assisting me in gaining self-awareness, self-discovery, self-realization, self-evolution, and self-love.

Yes, I Loved every aspect of myself and continue to learn and grow every day through every experience. Because I know a human soul is the culmination of all of its experiences, it is a majestic being as all of you are.

What's more, we are only reflections of the outside world, what we see in others is in us, whether it be judgment, hatred, selfishness, superiority, blame others, self-absorbed, victimhood, abandonment issues, or being fearful. Therefore, truly accepting self and others is an essential lesson on earth to master.

**Unquestionably, I see the blessings clearly in each event,  
do YOU see it in YOUR journey??**

## **Decode Matrix**

### **Take Ownership**

We've watched the tyrants spray chemicals in our foods and put dyes, preservatives, additives, and colorings in foods, yet we blindly accept it.

We've watched the authorities utilize genetically modified organisms in our groceries, yet we did not voice our objection.

We've watched the chemists use pesticides, herbicides, and toxins to conceal our foods, yet we did not repudiate them.

We've watched the specialists create harmful chemicals inserted into our nutrition and push them into our daily consumption, which make us unhealthy, yet we did not refuse.

We've watched the mafias give us drugs to kill us and we watched them be fine knowing that they were giving us medications that killed us, yet we did not protest.

We've watched the pharmaceuticals produce unimaginable toxicity and poison in our medicine and our everyday products, yet we did not decline.

We've watched the dictators force injections into our bodies that killed, or ruthlessly injured and permanently damaged hundreds of thousands of people around the world, yet we did not stop them.

We've watched the establishments put mercury, arsenic, antimony, barrier sprayed in our air, into our soil, into our water supplies, yet we did not rebuttal.

We've watched scientists develop irradiation happening on all levels of Wi-Fi, cell phones, power towers, and microwaves that cause us disease, yet we did not resist.

We've watched government officials steal, pillage, and rape the economic system for special interests, yet we did not repudiate.

We've watched the banking cartel and corporations seize, and destroy our financial structure for their gain, yet we did not protest.

Since we didn't take action to raise our objections or outrageous, there were no criticisms or condemn, judgments or complaints, resistance or indictments, and that silence has invisibly encouraged the cabal to take this as a great opportunity to build an inconceivable prison matrix that hostage us.

This silence conformity and obedience also has invisibly turned us into agreeing with their cold-blooded slavery system, turning us into acquiescing to their ruthless exploitations, turning us into accepting their merciless ruling, turning us

into tolerating their heartless bullying, turning us into allowing them to trample us, as well as our submissive let them mistakenly taken as our permission slip to slaughter us, and we are consent to the evil forces unthinkable dark agenda.

My awakened friends, let us be a role model to serve people and take action to reject and resist the forces of darkness. Let us be a guide and lead people out of this matrix. Yes, we are no longer silent or agree, support or consent, allow or obey the cabal in using those matrixes to destroy our bodies and wellbeing.

Wise souls, we are in a potential apocalypse, so please speak up, please voice your opinion, please take a stand, as well as stop accepting willingly, stop complying obediently, stop participating submissively, stop following orders blindly, and stop naively listening to the commands of a dictator.

Humanity really needs an awakening within us, let us stand on our autonomy and sovereignty. As well as take ownership of what we've authorized to happen and realize that we are responsible for our own health and our body.

**Let us come together, let us Exterminate this prison Matrix**

## **Our Time to Rise Like a Phoenix and Reborn**

We are truly in an extraordinary transformational time, and we are Phenomenally Powerful.

Think about it, if we weren't the most powerful life on Earth, the Cabal wouldn't have to go to great lengths to tamper and manipulate our history, our timeline, our calendar, our food, our water, our medicines, our air, our weather, our music, our entertainment, our electricity, our technology, and modifying our ancient treatments to alter our genes, relentlessly forcing us to take toxins and make us become sick.

Think about it, if we weren't the most powerful beings on Earth, the dark forces wouldn't be going to endlessly develop poisons to contaminate our food and water, and they use rhetoric and scare tactics to threaten people into accepting their insane genetically modified chemicals that are harming our body and destroy our health.

Think about it, if we were not the most powerful life on earth, elites would not need to coerce scientists and chemists to develop unimaginable fooling traps, and also construct biological weapons to corrode and impair this exceptional human body.

Think about it, if we weren't the most powerful beings on Earth, there would be no need for globalists to conspire all those scams and go to all the trouble of plotting these hoaxes to suppress human consciousness and prevent our evolution.

Think about it, if we were not the most powerful life on earth, evil forces would not need to deliberately concoct deceptions beyond ordinary people's imagination to brainwash us, to use fearmonger to trick humans to make people feel that they are powerless.

Think about it, if we were not the most powerful beings on earth, there would be no need for criminal bankers to create fraudulent systems and to print money out of thin air, and also to utilize currency to manipulate our minds and dictate our lives.

Think about it, if we weren't the most powerful life on Earth, the Cabal wouldn't have to interfere with our cultures and our history or compose narratives and produce deception tales to falsify the origins of humanity.

Think about it, if we weren't the most powerful beings on Earth, the dark forces wouldn't need to solicitous or organize religions, recklessly concealing and affecting our spiritual connection with God.

Think about it, if we were not the most powerful life on earth, there would be no need for the elites to make trouble and be frantic to engine mass destruction, those actions have triggered wars, which force and tempt mankind to repeatedly play the victim's game.

Think about it, if we were not the most powerful beings on earth, corrupt governments would not structure and influence mainstream media to fabricate those inconceivable lies to manipulate human consciousness and to harm our bodies and minds.

Think about it, if we were not the most powerful life on earth, there would be no need for the dark establishment to use unfathomable tricks and authority to divide mankind, and also initiate a game of conquering civilization.

But, you know, no matter how they try, no matter how they organize schemes to reduce the population with unimaginable evil agendas, no matter how they manipulate exotics and the grandest illusion to trick us, no matter if they think they are the rulers that can program and dominate the history of humanity.

However, the conspiracies cannot come to fruition and the conquering game cannot succeed, but it has propelled the growth and development of mankind and the global awakening.

Because from birth, we are given fundamental survival skills and the indispensable ability to bounce back. We are provided the remedies to self-repair mechanisms to restore our bodies. We have bestowed the energy to overcome challenges and achieve rebirth. We are encoded with a source of intelligence to turn defeat into triumph, and we are gifted with magical powers to overcome every crisis and turn it into a miracle!

Therefore, our souls can transmute anything into light and uplift us in advance of our soul's expansion. So, my friends, we are determined to win, have full confidence in mankind, and believe that nothing can defeat us, nothing can hurt us, and nothing can stop what is about to happen!

Yes, it is an incredible milestone for humanity to go through absolute darkness to the absolute light, now without any unwavering doubt, you can see how powerful humanity is.

Wise Souls, we are in a critical time of transformation, and it's more important than ever for us as Wayshowers, Star seeds, Light workers, Light warriors, and digital soldiers to transpire into the Light of Christ Consciousness and sustain our positive energy fields.



We are here to be a beacon of hope and an instrument of blessing to mankind's victory.

**Let us be like a Phoenix, Rise from the Fire, and Reborn to Magnificent**

## **Not About Eye for Eye**

I am an activist and digital warrior, as I am looking back at the past 16 years, I was caught up day and night in learning about the dark force corrupted our human history and manipulated our mind. More I had discovered the fraudulent government and the unlawful banking system, more confuse and fearful that surrounded me. Yes, I was living in that unproductive energy for some years.

Then few years ago, I went to silent retreat for 3 weeks. During that time, I was entered into a samadhi consciousness state, that peaceful energy in the meditation centre had transported me to mindful state. Oh, we are all here on our own free will and participate in a gigantic game. When I truly recognized this truth, then I distinguished that everyone just here to play their role, so, I don't need to take anything personal.

When I had this awareness, I completely made peace with the globalist elite, the corrosion government leaders, the deceptive public servants, the criminal banking cartel, the heartless scientists in the pharmaceutical industry, the gangsters in food manufacturing and mafia in the mainstream media. Even though I know that they are all conspire a destructive scheme to harm humanity. But now I know if that darkness force doesn't push me the awaken and aware, I would not have the magnificent tool to remember who I am.

Further, it was my soul wanted an extraordinary and colorful experience to evolve, then I had invited them to play in this brilliant enactment.

Definitely, I am stop playing the victim game. I trust everything presents to me have assisted me to arise to higher consciousness, I need to go through every challenge lesson in order to fully awaken. Or maybe, the dark force, the government leaders, the authority figures need me to be in their life, and to assist them to arise their consciousness to new level as well.

Now, I clearly know my mission is being a light into the corrupt system. My action to stand up, speak up are not come from hated, or revenge, since I completely agree with Mahatma Gandhi: "An eye for an eye makes the whole world blind."

My wise friends, yes, we are currently facing lots of challenge events, but it's not the time to play blame game or hated the unlawful system. Because only through love and gratitude, our peaceful energy can transcend those situations.

## You Are Not Alone

I realized you know there is something wrong in the world

I realized what I shared here is a controversial subject

I realized as you are reading what I disclosed, you might be frightened

I realized some of you may not appreciate my intention to explore all those daunting facts

I realized you don't want to do research since living in the deception is a lot easier

I realized you are pondering why I pray for people to examine all the evidence

I realized you don't want to be informed because it is too painful to face the fact

I realized you wondering, why don't I just buy into the mainstream narrative and forget about exposing the brutal truth

I realized you might choose not to believe what I shared because you don't want to investigate the "conspiracy Theory"

I realized you know that the truth seekers are no longer labeled as "conspiracy" beings

I realized you will be shocked, as you are willing to take the first step - just ask a question

I realized it is a challenging journey, if you dare to explore this experimental pandemic, it might lead you to a whole new existence

I realized it is easy to live in obliviousness, rather than be educated, because the fact not only scares you, and terrifies you, but also will shatter your world, and the reality that you believe in.

But are you willing to let the deception destroy your life, or have the audacity to look fear in the eyes, and abolish the delusion?

Well, this is why I choose to speak up and choose to serve humanity. I know I might lose a few friends, yet my soul knows what I gain is more than I can imagine. Because when you are on the side of truth, your soul rejoices.

My wise friends, please join our Truth seekers, we are millions and millions in counting, and We Got This.

My soulful friends, I welcome you. All you need to do is stop buying into the lie! just energetically say it with conviction: "I do not consent; I am free of the mind control program."

I placed my heart in front of you, in the hope of this invitation to you to ask questions.

## When You Value Your Time, the Universe Value You too

The reason that I was stop posting on Facebook and all social media for 1 years, it was I having a meaningful conversation with a friend about social media dominate our life, and how much the technology had made our human disconnected with each other's heart.

That night I meditate on what I need to change and to spend my time wisely, then I work on silent my mind and sit with my grievance emotion.

Later in the stillness, I felt the ether dropped me a profound message, "When You Value Your Time, the Universe Value You too."

This insight inspired me to reevaluate the way that I spend my time, although I did not watch TV for the last 16 years, not being post at Twitter, Instagram, or any other social media. Yet, I was a spiritual junkie and spending lots of time on YouTube and sharing on Facebook.

That day, I chose to challenge myself not to post on Facebook for 60 days but end up one full year. Also, I committed to Inward Travel and walk my talk.

Now, I recognized when I value my time and stop letting the social media to dictate my life, I not only stop waste time on unproductive thought, people, and event, but also, I gain freedom from the mind control and self-respect for my dedication to create a meaningful life.

Personal experience in social media silent -- Awaken my own Inner Force

1. Being present with myself.
2. Silent my mind and continuously Travel Inward.
3. Surrendered to my higher calling.
4. Discovered my own capabilities and fully engaged in my creativity.
5. Know that I have the willpower to follow through my aspiration.
6. Recognize I possess the self-mastery of the mind.

7. Have the audacity to face my fear and overcome the challenge.
8. Created new belief for myself and trust everything serves my higher-good.
9. Explored my authentic self and honor my commitment.
10. Realized that every time I focus, and I can achieve the impossible.
11. Appreciated nature hiking and the spectacular wonderland around me.
12. Deep soulful connection relationships with magnificent friends.
13. Through dedication and meditation in silent, I had witness abundance insights descended from the ether, and it compel me to surrender to my inner Force.

I share this because I want to inspire you to take time to nurture your soul, specially now you have much time to ponder what make your heart smile. My wise friends, please stop letting the social media dictate your life direction. As you persistently Travel Inward, soon you will connect with your higher self in silent and discover your soul calling.

**My wise friends, may you have the courage to do Your own inner work.**

## Deprogram Our Mind

Higher-self Message :

When I chose to have this body and came to this earth to experience life, I was like a brand-new supercomputer, empty! Nothingness!

Then, my father, mother, brothers, sisters, ancestors, teachers, relatives, friends, schoolmates, co-workers, community, society, television, books, music, and movies..... all volunteered to become my supercomputer programmers.

In the course of growing up, I unknowingly allowed all those programmers to feed me with negative emotions, unconsciously permitting them to contaminate my mind with unwholesome thoughts, and mistakenly consented to the brain virus living in my body. Yet, that unawareness altered my being and it cost me my happiness.

Finally, I Seek Change .....

since walking on this spiritual quest and discovery journey, in the last 16 years, I realized that all those mind control programs no longer serve me to learn, grow, and evolve. Indeed, it is time to let go, release, and delete all those old programs, so that I can return to the natural state of joy, love, and peace.

The spiritual adventure to reach enlightenment is meant to be lighter:

Lighter Body! Lighter Heart! Lighter Consciousness! Lighter Mind!

Lighter Emotion! Lighter Attitude! Lighter Spirit! Lighter Journey!

Nevertheless, I am profoundly grateful to all those programmers, they pushed me to seek light, and they have assisted me in being mindful of what programs no longer serve my higher good, and what I can do to decode and delete all those unuseful programs. In addition, to mastery my thoughts that support my growth.

May your Soul feed your healthy nourishment that shapes your character and assist you in shining your magnificent Light!!

**Don't forget, you are a Powerful Programmer, I know you can do it!**

## **May You be Your Mind's Best Friend**

Some things I learned in the past few years, I think are worth sharing with you all. In the next 2 years, it will not be about how much money a person saves up, or how



much food and water a person has stored to help them survive this challenging time. It is our mindset that supports us to triumph over difficult situations.

It is our mindset that shows us how to thrive in the upcoming difficult times. It is our mindset that keeps hope alive. It is our mindset that continues to sustain our convictions that everything will be all right. It is our mindset that allows us to believe in the natural goodness of all people and pray for a new golden age.

When we are being mindful, we see that everything in this world is not permanent and has an end. When we are mindful, we are compassionate and are blessed by this consciousness shift. To attain mindfulness, one must practice every moment dedicating oneself to guarding their thoughts.

So, how do we start the path to develop mindfulness and how can we get out of the mind game?

Meditation is one path that I know, and I would like to share some meditation techniques that have assisted me in interrupting automatic thinking patterns and reaction habits.

Many people know that meditation is beneficial to overall physical health and releases stress. Today, I want to share about the spiritual value of meditation particularly.

Meditation is the only tool that frees me from the mental chatter game. Every time I do meditation, it helps me to interrupt my thinking patterns and gives me a glimpse of stillness. By continuously observing my thoughts, I was able to quiet the mind which leads to inner peace and outward harmony.

Yes, in the beginning, it takes a long time and lots of work to understand why I am being a witness to my own mind, and not to react to emotion and sensation. There are days when it seems that I will never be able to quiet my mind.

One of the primary benefits of meditation is gaining control of your mind - sounds easy for those who have never tried it. But I assure you that emptying thought and controlling the mind to the point where you go long periods without a thought entering your head is one of the more difficult exercises you will ever master.

Something extraordinarily wonderful happens when you begin to achieve this first for a few seconds then longer until a minute or two- or three minutes pass. When you achieve this state, you begin to automatically let go of the thoughts that no longer serve you and connect to your inner peace.

When we create this space daily, we soon begin to effortlessly access our inherent power and access the Universal wisdom that each one of us possesses! Our higher self if you will.

Sometimes when we are meditating, no superb or profound guidance comes forth. We presume that what we were doing was a waste of time or that this was not a good meditation technique. There is nothing further from the truth.

The main purpose of practicing meditation is to train the mind and in doing so to create a balanced mind and stop the mind chatter which lets us access the power of now.

During meditation, as thoughts arise, and they will arise no matter how much you try, let them come in and let them go out do not address them. Come back to your breath. We must recognize that we are not our thoughts and that we must remain in an equanimous state.

Remember, training the mind takes lots of patience and practice, but soon you will see the result, the gateway to step out of the mind game and help us to live in the moment.

Meditation develops emotional solidity. For example, if someone says something to upset you, before you meditate you will find that person's words come up over and over again, your mind is too busy to think about to find some remark to lash back to that person.

I learned that when I am in that emotional state, I take conscious breaths and observe my body sensations, which able me to stop the mind chatter!

Now, I want to share a simple meditation technique, breathing, feel your breath enter through your nose and go out through your nose. Focus on the triangular area below your nostril and above your upper lip, feel the air come through this small area.

Keep your mind quiet and if a thought comes to your notice, don't analyze it, don't judge it, don't entertain it, just have the awareness that the mind is thinking, and go back to your breath.

Be an observer, be calm, be patient, be accepting, be determined, and be at peace with whatever it is. When you are taking a conscious breath, you are meditating. One thing to keep in mind, there is no right or wrong meditation position, however, have your back and neck straight, it will be helpful to connect to the conscious source.

Each time you have a thought, you need to consciously go back to your breath - do your best to breathe normally and naturally. Do your best not to control your breathing, by doing this you will continue to empty your mind. Unless you find yourself cannot stop the train of thought, then you should take a conscious deep breath.

Remain aware and equanimous. You will feel your mind shift, and you are stopping the train of thought for a second, then a moment. This is the beginning of the end of uncontrollable automatic thinking habits.

You should practice this as often as you can; soon you will realize that you have the willpower to still your mind. Remember, you will never stop all the thoughts completely.

If you would like to start a meditation practice. I suggest you start with 10 to 15 minutes - more or less. However, what suits you best, twice a day it is ideal. As you continue you will feel the gap between thoughts increases. You will experience a quiet mind, and then you will hear the wisdom come forth, or, as some people call it, "God speaks." Or "download from our soul"

Remember, that when you pray, you are asking God for guidance, when you are meditating and stilling your mind, you are surrendering and allowing God to speak to you.

Meditating daily will develop a deeper understanding of the fact that everything around us arises and passes away, and you eventually will develop better self-control, compassion, and loving-kindness for all beings.

Also, you can be a witness in any situation or emotion. Only then can you live fearlessly and escape the mind game. Yes, our mind is our good friend and also our worst enemy.

Keep in mind, each time you meditate, you are sharing Love energy with the world, I trust you have the power to choose wisely.

**May you learn to be your mind's best friend!!**

**When your mind is healthy, your body is healthier!**

## **Meditation Benefits**

Have you ever wondered when you face a challenging situation, or when you come across difficult people, or encounter obstacles in life, and you experience the emotions of anger, fear, worry, frustration, judgment, disappointment, resentment, and unwholesome thoughts? All those negative emotions where did they go at the end of the day? Did those negative emotions disappear overnight?

Sorry to inform you, that all those negative emotions did not vanish during sleep. Instead, they are stored in our psyche, and our cells and contaminate our body which is supposed to be our pure temple.

If we don't clean up our mental state each day, those dissonant emotions will eventually transmute into disease and threaten our existence.

Yes, we accepted the indoctrination of mainstream media concepts and bought into the mindset of going to SPA and doing facials each month to clean up our exterior. But society neglected to teach us how to take care of our internal welfare and our mental health.

May I ask if you think neglecting our inner well-being is, okay?

I learned that meditation could clean up unnecessary emotions, remove unhappy drama, and release dramatic trauma. Also, I knew meditation is the best tool for our inner work and establishing a balanced life.

Here are some benefits of meditation that I have experienced in the last 16 years:

Meditation helps me to gain self-awareness.

Meditation helps me to stop the automatic inner monologue.

Meditation helps me to interrupt all those unconscious feedback mechanisms.

Meditation helps me to identify habitual resistance.

Meditation helps me to let go of negative emotions.

Meditation helps me to discard the fearful mindset.

Meditation helps me to abandon unsupportive behavior that hinders my growth.

Meditation helps me to release unwholesome thoughts.

Meditation helps me to dissolve the worry mentality.

Meditation helps me to stop the involuntary reaction programs.

Meditation helps me to alleviate physical pain.

Meditation helps me to liberate mental suffering.

Meditation helps me to recognize what emotions no longer serve my higher good.

Meditation helps me to create a different thinking pattern.

Meditation helps me to experience life from a new perspective.

Meditation helps me to enter into a peaceful state.

Meditation helps me to raise consciousness to a different level.

Meditation helps me to live in mindful life and be familiar with my soul choices.

Most importantly, meditation helps me to travel inward and know myself, as well as enables me to completely surrender to the higher will.

My personal experience also including: Purification of the mind. Discovery in opening third eye, can see things that are unexplainable. Connected with the Universe, which enabled me to complete my book

I share this, not to impress you but want to impress upon you to have an open mind and feel freely to experience this phenomenal Universe. You can read more about my spiritual quest at *Travelling Inwards* book.

My wise friends, I invite you to take time to reflect and to use meditation as a great tool for liberating the body from bondage and breaking free from the slavery of the mind.

**My wise friends, may your inward travel be full of surprises and miracles.**

## Surrender

I invite you to have a new discussion about meditation ☺

Do you think meditation is about a clear mind with no unconscious thoughts?

Do you think meditation is about establishing a focused mind?

Do you think meditation is about the release of negative emotions?

Do you think meditation is about getting insights from the universe?

Do you think meditation is about reaching a single-mindedness?

Do you think meditation is about manifestation?

Do you think meditation is about being empty of all thoughts?

Do you think meditation is about creating a mystical experience?



Do you think meditation is about obtaining supernatural power?

Do you think meditation is about self-discipline and self-acceptance?

Do you think meditation is about connecting with your soul and seeking answers?

Do you think meditation is about dropping into silence and listening to God?

It's all above and more to it .....

May I present this idea for you to ponder:

Meditation's main purpose is to interrupt automatic thought patterns, breaking the ego mind from a continuous self-inflicted prison of repetition, as well as allowing the Great Intelligence to guide us to a new opportunity and to co-create new experiences for our life.

in the last 16 years, I followed a lot of renowned spiritual teachers and learned from them, and mistakenly, my ego mind leads me to believe that meditation is all about manifestation or getting something from the Universe .....

I forgot to travel inward, and I forgot that whatever the Universe wants me to have, it has already been given to me.

Today, I finally realized that meditation is about complete surrender. As I don't make demands or protest to the Universe, just allowing, and accepting, my mind shall not have any craving, reacting, resisting, judgment, figuring out, or attachment to a specific outcome. Which enables the mind to relax, being an observer. When we trust the Universe's work it wonders, all those healing experiences and miracles happened are byproducts of stillness and surrender.

## Why Meditate

Healthy Body, Healthy Mind, Healthy Spirit

Meditation puts a stop to the repetitive thinking pattern,

Meditation puts a stop to negative thoughts,  
Meditation puts a stop to the drama movie,  
Meditation puts a stop to the wheel of karma rotating,  
Meditation puts a stop to the physical experience of suffering,  
Meditation puts a stop the mind from rowing into worry,  
Meditation puts a stop to the fear overwhelming the heart,  
Meditation puts a stop to the unwholesome emotions rolling,  
Meditation puts a stop to entertaining the monkey mind,  
Meditation puts a stop to the uncontrollable self-judgement,  
Meditation puts a stop to the self-criticism belief,  
Meditation puts a stop to overthinking the mind,  
Meditation puts a stop to the projection of panic,  
Meditation puts a stop to automatic thinking,  
Meditation puts a stop to the mental war,  
Meditation puts a stop to resistance to change,  
Meditation puts a stop to trapping into the mind game,  
Meditation puts a stop to negative self-talk,  
Meditation puts a stop to any unsupportive belief,  
Meditation puts a stop to the disbelief and distrust of higher self-guidance,  
Meditation puts a stop to the need to figure out everything and confidently permits  
the soul to be in charge,  
I share meditation's benefits are for you to ponder and invite you to join this  
peaceful world.  
Here are more personal experiences:

1. Helps me to sleep and decrease my stress level
2. Helps my mind to be more focused and more mindful
3. Helps me to release any emotion that no longer serves my higher good

Since I learned Vipassana meditation (Total attendance 260 days course = 1300 hours in the complete silent retreat ) and have maintained the practice for the last 16 years. I find meditation not only assisted me to be a calmer person but also enabled me to Travel Inward, to have self-awareness and inner peace. It is truly a rewarding journey and a life-transforming experience.

I hope when people discover the benefits of meditation, they will be eager to explore and take advantage of meditating every day.

## Why Don't Meditate

When I started practicing meditation in 2008, I was blessed to experience and receive innumerable phenomenal insights and many mystical healing powers. So, for some time, every day while I was meditating, I was setting intention, praying, and longing for this miracle to happen again.

Yet, sometimes nothing happened, and I became disappointed and felt the negative emotion. I was not aware, that it was my craving, frustration, and unconstructive behavior that was preventing me from connecting with my heart during this inward traveling. I want to be authentic here, yes, I was stopping meditating every day for some time.

Today, during meditation, it dawned on me that I was the one who caused every challenging situation that transpired in my discovery journey, not an outsider.

Yes, the paradox here is; when I want to push to make things happen against the Universe's timeline, nothing can materialize.

However, suppose I showed patience, being at peace, and lovingly accepting whatever it is. In that case, the Universe shall shower me with inspiration, insights, and guidance to support me to live to my fullest potential.

As we are living in a new era, everyone knows that meditation is a tool to raise consciousness, improve concentration, increase mindfulness, promote inner peace, elevate self-awareness, renew positive energy, enhance self-development, and boost joyful life. More importantly, it is a vital instrument for our freedom from the mind game, also, a deeper inner connection with our soul and with the Divine Force.

Yes, countless people have realized the benefits of meditation, yet not many people take the time to meditate daily. Why?

Because:

Having a too busy lifestyle, no time for it?

Not seeing the result as other people have described?

It is boring, nothing phenomenon happening.

Not resourceful for the creative mind?

Did not feel any insight drop from the Universe?

Cannot sense a connection with the heart?

Do not experience Divine Force inspiration or a magical touch?

These are lists of some excuses that people have expressed to me. I am sorry, my friends, somehow, we have been misled or have misunderstood what meditation is - it liberates us from mind control.

Because meditation can easily assist us in interrupting automatic thinking patterns and negative emotional control, as well as identifying past stories that dominate our mental state, while we reflect on our feelings and have a deeper understanding of who we are. Then we can be mindful of our actions stop reacting to any challenging circumstances and use our own brainpower to transform unsupportive situations. Hence, all those self-realization and infinite miracles are by-products of our mind liberation.

My awakened friends, for your self-consciousness and liberation's sake, please do meditation for 30 minutes daily, as you patiently practice, accumulating over time, you will comprehend and see results that more than surprise you.

Indeed, I have practiced Vipassana meditation for the last 16 years, many people have asked me why I persistently attend these 10 days silent meditation courses every year, and my answer is: that there are many different meditation techniques out there, yet, I have found that Vipassana is the most helpful for me. Through this method of meditation, I have received phenomenal healing energy, I have also seen and experienced many miracles in the last 16 years.

To me, the Mystical Teaching, Prayer, Occultism, Invocation, Faith, Incantation, Ritual and Meditation, are all part of the Belief in the practice, and which allows us to use this positive Force to work wonders in our pursuit of raising consciousness and inner peace. In addition, every practice is just a Permission Slip, when we have faith in our co-creation with the Divine Force, the Universe shall surprise us with incredible blessings.

## Tap Into Your Dream World

My lesson from this splendid experience was that prayer and meditation were important - no need for any of the religious trappings or beliefs, just the habit of speaking to the open air as an invisible friend when you need some assistance.

When we pray, we are asking the Divine Force for guidance. When we meditate, we drop into the Source stream and if we listen carefully enough, we receive the answers from the stillness.

Sometimes, the responses reveal themselves to us in vivid dreams. Sometimes they come from the Inner voice, or from other people or even advertising messages or book. The thing is, by praying we prepare ourselves to be aware to receive the

answers to our questions and by being patient and open that the breakthrough is on the way.

So, here's the top secret. A key to recognize our soul calling and have a meaningful life adventure, if you will.

When you go to bed, say this to your soul three times. *"I will remember my dream tonight. I am grateful for the insights."*

Then in the morning, as soon as you know that you're awake, take a minute and don't move. Just lay in the same space and ask your higher self, *"Did I have a dream last night and can you help me revisit it?"*

Then, when you retrace the dream, use your imagination to see the surroundings, to sense the sounds and smells, and then ask for the message to be revealed to your conscious self.

Do this a few times and you will soon discover that the path that you thought was murky and unclear has actually been laid out pretty plainly for you.

I'm not suggesting much here. I'm not asking you to climb mountains or move continents, I'm just asking that you practice this consistently for 7 days.

I know the results will amaze you. I know that I will look forward to learning where your journey has taken you and what your journeys might inspire me to do.

**May you tap into your dream world and get answer that you are looking for**

## Faith

I hope you will ponder your manifestation approach

When we go to a fine restaurant, we sit at a table, place our order, and then we wait for the delicious food. Naturally, in our hearts, we have confidence in the

chef, we believe the chef will deliver tasty food, and we trust that the meal will turn out the way we ordered it. We patiently wait for the delicacy, even if it is for 20 or 30 minutes. We do not go inside the kitchen, tell the chef how to prepare the food, or order the chef to speed up. We just have complete faith in the chef.

How fascinating and ironic it is, when we set our intention and request the Universe to assist us in fulfilling our life calling, yet, we do not even have the mood to wait patiently. Once manifestations occur beyond our desired timeline, we become shaky and lack faith in the Universe. Often, we complain to the Universe, why our good is not here yet. Or we protest to the Universe, why our desires turn out differently. Worst, we are instructing the Universe to deliver our stuff in a certain way and time .....

I just want to illustrate how to manifest

Why do we not have the same faith in the Universe as the chef? May I offer you this to ponder, next time, when you make a request to the Universe and want to have a new experience in life, use this analogy about placing an order in a fine restaurant.

My brilliant friends, do you see the Metaphor here, when you present an aspiration to the Universe, the Universe just like the chef will go to work, needs time to prepare, gather all the ingredients, formulate a satisfactory appetite, and then orchestrate the excellent opportunity for you to have a transformational and milestone experience. So, remain patient, have complete faith in the Universe, and with conviction in your soul and the trust that things will always turn out better than you can imagine.

Every time we create and manifest something brilliant and monumental, in many ways, we give our gift back to the Creation and extend the Universe's consciousness.

**May you create and manifest something magnificent to dazzle the Universe!**



## Abandon Social Media Addiction

2024 it is here. I am looking at all those strange things that happened in the past, looking at what I had accomplished in 2023, looking at what I choose to experience in 2024, looking at what value I desire to contribute to humanity, and looking at what my soul aspires to create in this timeline.

I realized I had a long list of things that I wished to participate in and to make an impact, yet I noticed that I was occupying lots of time on social media, which decreased my productivity.

Yes, I did not recognize how addicted I was, and how much time I was spent on social media.

Yes, I did not recognize just how much of my time is consumed by innocent scrolling, routine checking of other people's messages, and responses to posts - all of which interrupt my work.

Yes, I was not recognized to engage with social media for a long time which is relinquishing control to a virtual machine, that lacks my best interests or goals at heart.

Yes, I did not recognize that if I do not take charge of my time, someone else will.

Yes, I did not recognize this distraction affected my learning, reading, writing, meditating, and creating meaningful articles.

With these realizations, I choose to be responsible for my time, I accept the 28-day challenge, I choose to stop posting on social media, I choose to abandon this harmful addiction, I choose silence and meditation, and permit my time to become more constructive and productive.

My 28-day challenge starts tomorrow, I trust this blessed day shall assist me to experience a new beginning, new cycle, new idea, new vision, new insight, new perspective, and new reality.

I am focusing on

I am devoting my time to altering my emotional and mental health

I am devoting my time to improving my self-express and self-acceptance skill

I am devoting my time to having a wholesome relationship with myself

I am devoting my time to mastering natural nutrition and healing technique

I am devoting my time to prioritize things to make my soul rejoice

I am devoting my time to elevate, to transforming myself so that I can be a better service for humanity's best interest and higher good.

To all the truthers, freethinkers, and digital soldiers, with love and gratitude, I am thankful for all your selfless service to humanity, yet please prioritize your own time to enrich your journey and support your wholesome body, as well as add value to your family joyful life.

## Silence

During 2023, I took lots of time out from social media and doing fasting on technology for one whole year. I used the silence from social media to self-reflect and meditate. Every time I travel inward, I realize that I enjoy being alone, I enjoy the quietness, I enjoy sitting by myself in the room and reading an inspirational book, I enjoy walking in the forest and talking to Mother Earth, and above all, I enjoy being authentic and being true to my soul, as well as I love to nourish my soul with a healthy companion.

Certainly in 2024, I don't need society to validate me as who I am. I know my self-worth comes from my relationship with my soul and my spiritual expansion, not from peer approval or social acceptance.

Yes, I was playing the people-pleasing game for the last 38 years to gain others' recognition, now I recognize that my self-appreciation is more important than

society's acknowledgement, so I don't even bother trying to play the popularity game anymore.

Definitely, silence has taught me the most satisfying thing for me is to feel the peace, joy, and self-love inside, and which contentment is only generated within myself.

Positively, I dare myself to continue to do the inner journey, to know myself, as well as to allow the Divine Force to guide me through this magnificent discovery journey.

Surely, as I am alone and in silence, I am feeling all that Love and Beauty with the Universe, by this means, I choose to take 28 days off post-Facebook, use the time to Meditate on inner Peace, and continue to Travel Inward.

I believe when we take time to nurture our Soul, the Higher self shall guide our walk and blessing light to illuminate our incredible discover adventure!

## What do You Want to Feed Your Mind?

I found something very shocking as I was hiking in nature and walking around the beach in the last month. I saw many people looking down at their phones as they crossed the street in the middle of the traffic light, at the Subway platform and inside the train, at the beach playing with their children, at the nature walk with the dog, at the car even when their driving, at the restaurant eating with their friends ...

I realized some people tend to be oblivious to their surroundings and only live through their tiny screen and are content with that imaginary world ...

Where has our human relation gone? where is our meaningful conversation gone? Where has that physical correlation between people gone? Where is our friendly caring heart gone?

When does our attention engage with our intelligence? When is our heart and soul connection time? When is the silent period for the stimulated mind?

Why are we limiting our capacity to care for another's well-being? Why does our compassion diminish as we are plugged in longer? Are we willing to allow technology to be a focal point in our human experience? Are we willing to grant social media to control our lives?

Here are my thoughts about the phone and social media. I am aware that I may be judgmental, but I feel that the art of human conversation and connection is disappearing between people because of social media and technology which are as addictive as any drug.

My wise friends, please pay attention to the time that you are using your social media, please pay attention to your family and your relationship, please pay attention to your mental health, please pay attention to your heart's desire, please pay attention to your connection with the Universe, please pay attention to your inner guidance. Stop letting social media to decide, to dominate, to rule, to manipulate, to influence and to impact your spiritual experiences.

## Choose

I choose to come on earth in this captivating time

I choose to be cheerful always.

I choose to live in a kind universe.

I choose to find things in common with people that come into my life, celebrate our similarities, and honor our differences.

I choose to trust that this life isn't random and has an ultimate goal.

I choose to reach out and help others, knowing that I can make a difference, even though I may never witness the outcome.

I choose to pursue a righteous livelihood and live fully.

I choose to believe we are all here for a purpose, a divine purpose.

I choose friends who will support me with joy and compassion and offer me the opportunity to do the same for them.

I choose to explore authentic meaning in my daily experiences.

I choose to welcome all people and life's lessons.

I choose to have faith in myself and the Universe.

I choose to always Love myself and all beings.

**Awakened friends, we are here to change and enlighten this playground.**

## Courage

It takes courage to speak the truth.

It takes courage to stand tall.

It takes courage to learn.

It takes courage to admit a mistake.

It takes courage to ask questions.

It takes courage to lead.

It takes courage to love.

It takes courage to believe.

It takes courage to be awakened.

It takes courage to follow through on your word.

It takes courage to take action.

It takes courage to challenge oneself to grow.

It takes courage to be strong.

It takes courage to dream big.

It takes courage to be fearless.

It takes courage fulfilling one's life mission.

It takes courage to be persistent.

It takes courage to embrace life's challenges.

It takes courage not to react to other people's judgments.

It takes courage to look within and face the darkness.

It takes courage to allow your brilliant light to shine.

It takes courage to be a drop of water in the ocean, and willingly cause a ripple effect. Like you are here!!

## Your Thought Become Thing

### Intriguing dream

I was standing at the doorway, waiting for my guru to come into the room. While I was looking around, I could sense the room was amazingly beautiful, I perceived the space was elegantly addressed in gorgeous decoration. I was completely attracted by this luxurious room. Almost mesmerized by its incredibly graceful

space and energy, which was filled with the richest orange color and real gold trimming on the wall.

My Guru settled in his pure white armchair. I walked into the room and sat in front of him on the floor. Strangely, I felt the need to take off my earrings, and then I put them on top of my skirt. Surprisingly, I noticed worry showed up, "I may lose those earrings."

Later, I sensed another thought flow through, "No big deal, just small diamond earrings."

My Guru started chanting. Out of the blue, I was floating up in the air and then reached the ceiling, as I looked down, I saw this sophisticated room filled with many Indian-looking men in charismatic clothes and women in colourful, extravagant Sari. I could not stop myself from being in a moment of fascination and forgot to focus, that mistake caused me to drop from my endeavor of levitation...

I was back in my seat on the ground. Then, I realized I was missing my diamond earrings. I put out my hands to search on the floor. An Indian lady came by and gave me a cup of tea, I casually positioned the teacup at the edge of the stage, where my Guru sat.

I was aware an unusual thought passed by, "This cup is not that important, I need to find my diamond earrings."

To my amazement, after I noticed my thought, the teacup dropped from the stage...

I was quick to use my stylish skirt to clean out the water...

This energetic movement brought me back from this remarkable dreamland.

As I was revisiting this interesting dream, an authoritative voice descended from the ether: *"Your thoughts become things, choose wisely."*

This profound message inspired me to pay close attention to my thoughts, and emotions, as they are always manifest into deeds.



## Nothing Can Stop What is Coming

Although mankind is going through the most challenging time in human history. Yet, by the grace of God, we have also been presented with tremendous opportunities to elevate our consciousness and awaken to our full potential.

Although the Cabal printing money out of thin air to destroy our economy, to put us under financial crisis and scarcity. Yet, by mankind's supreme resourcefulness, we are overturn every calamity circumstance.

Although the evil force fabricated genetic food and put chemicals into the water, which lack nutrition and push us addicted to consumption, also poison our well-being. Yet, by the Infinite Force of love, humanity has been guided to return and reconnect with the natural world.

Although the dark force utilized pharmaceutical conglomerates to bribe science and authority, to lie about synthetic substances, and cause us dependent on drugs, lots of medicines and vaccines are bioweapons that impair our hormones and let us become sicker. Yet, by the Supreme intelligence blessing, humanity now realized we are powerful beings, and our avatar contains vitality and self-healing technology.

Although the education system was built with indoctrination for brainwashing and mental conditioning and mind control of our super brain. Yet, by the Celestial force, we have been bestowed with super imagination and infinite intelligence.

Although we had been fed by mainstream media much unfathomable deception. Yet, by the Creator's light, we also obtained the wisdom to uncover the propaganda and to dissolve the fraudulent game.

Although Hollywood practiced black magic to cast spells on the entertainment industry, program our perception and make us obedient. Yet, by the Universe's

guidance, we are seeing through the conglomerate mind-control scam and not be used by it.

Although the elite used social media as stimulation to steal our attention, manipulate our energy, and lower human frequency and vibration. Yet, by the grace of God, we are ultimately discovering all those illusions are tools for us to uncover our full potential.

Although the dark force utilized technology and AI to captivate our brainpower, and to dictate human activity and creative. Yet, by the Divine Intelligent blessing, mankind finally sees and knows we are a powerful operating system, and we can invent new timelines to experience.

Although the corrupt government had an unimaginable agenda upon humanity. Yet, by the Creator's Love, we have also been bestowed the Universal truth which assisted mass nation to awaken.

Although the globalists created weather disasters and heinous crimes to fulfill the depopulation agenda. Yet, by the Divine Force blessing, humanity exhibited resilience and was united to reconstruct a new reality.

Although our civilization's well-being is in jeopardy. Yet, by the Infinite Light, we have also been provided healing energy and solutions to living more harmony with our beautiful mother earth.

Although we are in the midst of an indescribable storm. Yet, by the Supreme Power's blessing, we have also been granted insightful knowledge to triumph over the tribulation.

Although we were challenged by suffering. Yet, by the Great Spirit of intelligence, we have also been offered strength and tenacity to turn this ordeal into a miracle.

Although we are confronted by fear and frightened by the unknown. Yet, look back on mankind's history, every time humanity faces adversity, it drives us united, as well as blesses us with brilliance opportunities to excel.

Although we cannot fathom what else nefarious agenda the cabal conjures up to impair mankind's consciousness, or used unthinkable scams to extinguish the human race, but the fact is that only propels us to seek truth and accelerate our full potential.

My awakened friends, as we count our blessings, focus on our blessings, and give thanks for our blessings, we can create and experience a whole new earth.

Thereby, trust this process it is for our civilization to thrive, and the dark force can not stop what is coming!

## Let's Celebrate Our Triumphant

Let's pray 🙏 Let's sing 🎵 Let's rejoice 😄 Let's dance 💃

Let's celebrate 🎉 Let's have faith 😊 Let's be grateful 🙌 Let us give Love ❤️

Although the dark force cast a spell on our civilization and put humanity in amnesia for thousands of thousands of years, they had a secret agenda aiming to dominate our lives, trying to manipulate our minds, aiming to alter our bodies, trying to dictate our actions, aiming to modify our DNA, trying to change our positive timeline, aiming to breakdown our revolution, trying to stop our ascension.

So, they put poisonous chemicals in our food, in our water, in our air, in our medication, in our furniture, in our clothes, in our electronics, in our technology, in our soil ...

We could not even imagine what else nefarious things they tried to do to impair mankind's consciousness.

But no matter how hard they try, no matter how clever they are, no matter what they did to our mind, no matter what unthinkable stunt they pull, no matter if they think they have the technology to extinguish mankind, no matter what grand deception they orchestrate, no matter they think they could fool us again and again.

However, our avatar, our spirit, and our soul are resilient. we cannot be destroyed, we cannot be harmed, we cannot be eliminated, we cannot be defeated.

Because we are the chosen one, because it's our destiny because we are powerful beings, because we are awakened to know who we are, because it's a humanity timeline, because we are luminous lights, because we are unstoppable, because it's our time to triumph, because it's our transformational era.

When I received those downloads, as I am writing those messages

Tears uncontrollably floated out of my eyes, I heard a voice come from the ether: 2024 is a new beginning and we are about to experience phenomenal change. Let us welcome the New Earth!

Yes, we are choosing to come to this planet Earth to play and to experience colorful life, let us play Big and have more Fun!

Yes, at the beginning, we eagerly chose this life as we signed up for this experience. Why? Not for limitation or pain or suffering or loss or debt or sickness, although our soul knew that was included in this incredible journey.

Yes, we signed up for this transformational time. As well as the realization and recognition of our eternal essence is beyond our wildest imaginings. In addition to exercising our free will, expanding our consciousness, and advancing our ability to experience light, joy, creativity, grace, love, prosperity, opportunity, tremendous abundant and infinite potential.

With great love and deep gratitude, I am thankful for this uplifting message to share with all my soul brothers and soul sisters.

🌸 My wise friends, let us make the best out of each moment 🌸