



BODY BEYOND TRUTH

Mira Roca

*You are not a victim of your past.
That is just your excuse to not live in the present.*



May this book always find to me again
and remember me of who I am.

May this book serve the souls
and help them wake up and liberate themselves.

May this book expose all darkness
of egos and demons
and lead them to the light of truth.

May this book kill the egos and demons
and free the souls.

Thank you.



DISCLAIMER

Reading this book will change your life and there is no return. It will bring out the truth of who you are, but it depends on you if you are ready to embrace it or if you fight it.

You might read this and think I am the biggest narcissist, but no worries that is a normal reaction of an ego. It is just because you don't understand my words. I am in no way better than you are and I don't know anything more than you do.

My words may trigger you. In case that happens just allow it to be and observe your ego coming out.

This book will create very different reactions. The ego will fight it, project on me and blame and even attack me. It will be triggered and angry and uncomfortable and will bring that into thought, word and action.

Thank you, because by attacking me or this book you actually prove my point: that ego and demon can't handle the truth and will try anything to deny it and attack the source of the light in order to survive and continue to live in illusion to not take responsibility.



I am writing this book because of the ones that don't give up once it gets uncomfortable. The ones that instead of giving in to that screaming full of rage ego, listen to the deeper more silent call of the soul. I am here to help the souls and I don't have any pity for the egos and demons.

And maybe there will be souls actually brave enough and strong enough to read this book and burn their egos and demons. And they are the only ones that will actually understand my words. They will know that this book is not about me and I am in no way putting myself above anyone. I am simply confronting the egos and demons, so that the soul can wake up and take over again, because I believe all souls deserve to be free. The ones who get triggered by my words and blame me are the ones that are not ready to wake up. I am not here to please the ego - I am here to free the soul from your low frequency.

So this book will show you who you are and strip away all your lies, but if you are not ready to face it, you will simply blame me as your next excuse to not wake up and feel uncomfortable.



In case you call my words manipulation: don't worry. If you keep wanting to make up excuses to not evolve it is your choice.

The tone of this book is straight to the point, because it is the only way to make your egos and demons triggered and come out. All the nice self help books just feed them and make them grow up, this book will expose them. This book is not intending to teach you anything or make you feel in anyway - this book is for the soul. If you can handle the truth: amazing - if not: that's your problem, sorry for your soul...

The repetitive character is written on purpose to confront your egos from all aspects until your soul wins and takes over.

May this book show you a little bit clearer who you are in this very moment, so you can evolve from there. This is the very beginning of an amazing journey and life but the first step is to face yourself and accept.

Just remember any time you feel angry with the author of this book, come back and read this disclaimer. The anger is just your egos and demons coming out and



fighting the truth. So relax - make yourself a cup of tea and enjoy.

But that is enough for now: get ready to meet your true self because it is happening now...



INTRODUCTION: Thinking Mind

The energy aimed to share in this book may be transmitted in words but in order for you to feel them you must be able to stop analyzing what you read here and exactly because of that this book is writing in a style that is confronting you in the ways necessary for you to be able to just be here and receive these words - words that provoke remembering of who you truly are. We are here to guide you to the source, but in order for you to be able to follow on your own feet you need to face yourself. No matter how uncomfortable that might be. So don't worry read these words and receive the sound of them - your mind does not need to understand them - your soul will anyways.



CHAPTER I: MIRA TE! - observe yourself

It all starts with observation - free from judgement and with loving acceptance and forgiveness - not to others, but to yourself... because it all starts with you.

This chapter is guidance to answer the question - or to at least come closer to an answer: WHO ARE YOU?

It is not about the past or further. It is not about the stories you tell yourself about you. Or the drama you created for yourself and the victim you play. All that is excuses to not take responsibility for who you are in this very moment. As long as you make excuses and blame others for how you feel or the circumstances of your life, you will never be free and happy. And the only way to evolve is by facing the truth - by facing your fears - by facing yourself.

Nobody else can do it for you. It will always stay a lie. It's like having a wound and putting a plaster on top and saying you are fine because you can not see the wound anymore, but actually it is getting infected underneath and it is getting worse and worse the longer you ignore it. When all you need to do is take that dirty plaster off, clean your wound - even if that causes more pain for a



moment from the alcohol - and let the body heal itself. It is that simple and it is the same with your life. You need to take off the lies you told yourself and wash away everything you have been holding on - that has been infecting you - even if that means facing pain and darkness for a moment. But only then you can heal once and for all. And of course it depends on you if you are loving and caring enough to yourself even after you cleaned your wound, because sometimes a very infected wound needs to be cleaned several times before it can heal and grow new skin. You might think your wound is cleaned and that's enough and you stop observing and realize later that it is still infected or has gotten infected again. Healing is a process and it depends fully on you. If you don't take responsibility for yourself and your healing you will never heal. And nobody else can do it for you. Someone can help you take the plaster off, so you see the truth or clean your wound, but if you don't believe in your healing or think the other person will do it for you, it will never happen.

So with that being said, it all starts with realizing about the plaster.

Are you willing to face yourself beyond illusions? Are you ready to accept that you might not be who you



think you are and have the knowledge you think you have?

If you would be already truly free and in peace you would not seek for guidance in the outside anymore... so the only way to get there is to accept the truth, even if you don't like it but that is the start of transformation. So who do you think you are?

After you answer that question for yourself, observe if that description of yourself aligns with your actions - and be honest, because it is the only way to become who you deserve to be and live the life you dare to dream about. If you would be already your true self, you would live your life in alignment and enjoy every single moment... consciously creating the reality you want to explore. If that is not the case then now is your chance to face who you are in this moment.

So again: Who are you in this moment? What thoughts keep coming back to you about yourself and your surrounding and the world? What actions do you keep repeating? What emotions do you keep feeling? Who are you right now?



Observe yourself day and night. And in all the details you will see the truth about yourself, because it can not be hidden. You just need to face and accept it.

Accept who you are right now. Without judgement or being hard on yourself and at the same time with staying humble - otherwise you go back to the beginning of this lesson...

Just accept who you are - only from there you can evolve!

Repeat this lesson again and again, because normally it takes many circles until you are ready to face the actual truth about yourself, because it can be very uncomfortable. And exactly because of that you have been telling yourself all that lies. But don't worry, it will all pay off! Trust and never give up on yourself.

MIRA TE!

This process might seem a lot but actually it is just the very beginning of it all.

Patience and acceptance will make your path easy - continuity makes the next step possible.



CHAPTER 2: The First Test

Alchemising your body and mind is crucial to creating the life of your dreams and remembering what is beyond illusions.

So you might have thought until now this is a book you can read fast and end up with new knowledge. But this book is not about sharing knowledge - it is about helping to gain wisdom - and wisdom can only be gained through experience. So what might sound so fast and easy can take days, weeks, months, years or even lifetimes... be patient and stay consistent - wisdom is the aligned expression of the universe and it will always stay no matter what, but you have this lifetime to learn and remember or you repeat another circle. But what that really means can probably only be understood when it is already too late to make a choice. With that being said: what is your excuse? Why don't you use your lifetime to understand and remember? If you are not ready to make sacrifices this book is not for you. It will just be another fantasy that you leave rotting on the bookshelf. This path is not easy but it is the easiest path you can walk. So what are you waiting for? You want to continue living lies? Nobody will stop you! But if you want to finally make the jump and embody truth this is



your chance! Take it or leave it - nobody cares but we wish for everyone to remember and be free!

You literally are alive to remember. This is the lesson you chose consciously, but now that you became unconscious you forgot what it is all about and you decided to rather believe the lies and programs you created for yourself to stay in the comfort zone. You've build a cage for your soul and you can not blame anyone else for it. But the worst thing is: you don't even notice about it, because you identify with your lies and programs. You identify so much that you will defend them in believing when they die you will die as well. And it is true a part of you has to die to wake up - you have to kill the lies and let go of them even tough they are your excuses to stay comfortable. This is the very first lesson. The very basic beginning of it all. And still only maybe 1% of humanity manages to pass this simple test. It is funny and sad at the same time, that the very thing humans live for they forgot and got stuck in the first test: killing your lies - and waking up to the truth. And again that is the very first step and test. So imagine for a moment what is possible, when already in the first test 99% are failing... once you pass this step... it is just the very beginning of it all...



This book is your chance to wake up and pass that very first test that you tried to pass for lifetimes but always failed until now... life is all about that. It is all lies that you told yourself about what life is about. Because you do not even know what happiness, health or wealth really is until you pass this test. Everything you believe until you pass is a lie. So do you really want to live a lie for the rest of your life just to fit in and be “loved” by people that don’t even know what love is? The ones that truly love you will push you to face this test - even if they know it is uncomfortable and even painful. They will push you out of your comfort zone with all humbleness, because they believe you deserve better than lies - you deserve to remember the truth and live it.

This is the very first test - even before the beginning of this path, because you start walking in alignment with the source once you are finally ready to face your lies and kill them - even if you have no idea what will come after - even if you feel like you are dying. This version of you, that you have created with lies and programs, has to transcend for you to wake up as your true self. So many people talk about your true or higher self but come on: have they passed this first test or is it just



another ego telling lies? If you know who you are truly you never have to impress anyone - not even yourself!

This book is your chance to wake up - to die no matter how uncomfortable it is and to wake up to the truth! It is up to you if you keep making excuses and live your lies forever or if you finally make this step and face yourself! Only by facing the lies you can get your real face back!



CHAPTER 3: Every Thought Is EGO

Every single thought is an ego. Therefore as long as you have thoughts you have egos...

Many people that practice meditation try to not think and just be in the moment in stillness and peace, but that is impossible as long as you have egos. You need to face them one by one in the moment they come out.

You need to be very aware about yourself and present, because they take over very fast. You need to realize about them and kill them in the moment. Every excuse to not do it is just another ego - another thought - another lie.

There is no other way to really embrace the universe and who you really are. You need to kill all your egos yes or yes. And that means letting go of all your thoughts, all your excuses and all your lies. There is nothing that can prepare you for when that moment comes, because it's nothing that will appear in the future it is the reality you live in this moment. You can not make an excuse you have to face your ego now, because waiting is another excuse and that is another ego. The only tool and practice you have to do is face them and that does not mean sitting down and meditating for a few



minutes. It is in every single moment all day long and it even continues in your dreams. You need to be aware and present 100% and face every thought you have, every action you make and every word you say. It is the only way. And again: this is a process and it can take a while depending on you. But you can not make another excuse you have to start in this very moment to observe yourself and face your egos. That is what will lead you to get a chance in passing the first test and be one of the 1%. But again no excuses and no more lies. You can not lie - the truth always comes out and those who walk this path will always see. So stop embarrassing yourself in front of the master you are and the ones that are around you and face what you need to face no matter how uncomfortable it is - it is the only true way to walk! At least it is the path to peace! Before you face your lies and egos you will never be ready to pass the first test and go beyond - you will never understand and remember who you really are...

So what is your next excuse? No matter what it is: face it as what it is: a lie!

You are clinging to your self created reality as tight as you can. Holding on to it like it is your life and without it you will die - like it is the only thing that makes you alive. It is true that it is your life and you need to die to



become, because the reality you live in - that you created with your own programs, beliefs and conditioning - is what is keeping you from being truly alive. In this moment your life is all illusion.

No matter how good or dramatic it feels - it is a lie. The truth is so far beyond what you call "real". What you call "true" is only the concept of your egos. It may seem "true" for you but it is not aligned with the laws of the universe and that is what is alone real and true. You can not even imagine what reality is... otherwise your energy would be one with the energy of the universe and with that everything - absolutely everything - changes. It is nothing that you can even understand in this moment, because you are trying to understand everything by the mind - by thought - and that is ego and ego is lie. You may ask yourself how you could possibly wake up and open your eyes to something that you can not even grasp yet - well this is why you found your way here. This is your chance to remember and open your real eyes. And of course it is possible to do that without guidance but honestly there is not a single person in history that has walked this path alone. We all have been blessed to have guides by our side that give us loving strong slaps to wake up and be who we really are.



This is your chance. This is your invitation. This is why you are here. So what are you waiting for? You want to sleep another lifetime? Imagine you have the key to Eden in your hand - that is something you have been waiting for for lifetimes. Are you going to finally take this chance? The moment is now. It is now or never - because this moment is all there is! Surrender. No matter how difficult it seems - it is the easiest path.



CHAPTER 4: Surrender

How could you possibly wake up when you don't even realize you are sleeping? You need to surrender to who you are in this moment: a sleeping soul drained by egos. If you feel resistance or maybe even get angry with these words, that just shows how big your ego is and how much you think you know. Of course there could be someone reading this that is awake, but that person will not be offended by these words - that person knows who he/she is and knows what they truly mean. An awake person will read this laid back with a smile.

There is a dimension that can never be understood or experienced by egos. It is a dimension that many egos wish to access and experience but it is impossible. They can create the lie of understanding but it will always stay an illusion. To be able to access this dimension - which is a big honor and blessing - egos need to transcend. One thing is for sure: if you ever have the honor to access you will never ever want to go back to the life you live in this moment. Knowing it is nothing compared to this real dimension and all the lies and worries you waste your time and energy with are useless in the universe. It is just a waste of what is possible. Once you



woke up you will never want to sleep again. But now that you are still asleep you can not even imagine what it means to be awake - and yes you might think you are awake already and your illusions are the ultimate truth and what life is about, but there is a very simple way to realize you are asleep. Just ask yourself: Am I really happy in all moments of my life no matter what? Do I feel at peace in all moments - being able to lead my emotions instead of identifying with them and letting them take the lead? Do I have everything I wish for in this moment? Do I love myself really and truly and take myself first in all moments because I know I deserve it? Do I believe in myself and don't care about what others say or think? Am I authentic to myself or do I adjust to fit in? Do I make excuses or do I go all in for the things I want and make me happy and bring me peace? Do I value myself or do I put others above me? Am I humble or do I think I know better or am further developed than others? Am I grateful for my life and say thank you every day? Do I believe everything I can imagine and beyond is possible? Do I create my own reality consciously or do I believe that my circumstances are interchangeable? And finally: Do I lead the voice inside my head or am I identified with it?



Well if you answer just one question with NO you have your answer - you are a sleeping soul drained by your egos. Or your egos are so big that you have to lie to feel above - even if that means thinking you are humble and loving, as long as you think it it is an ego. Now is your chance to wake up! It is up to you if you take responsibility and take this chance or if you continue with your excuses.

Most of the people you have met probably don't even know you. Everyone is so busy with themselves and their own egos not knowing who they are, so how could they possibly have capacity to get to know you when they don't even know themselves? So many people want you to stay who you are in believing they love you but if they would actually love you they would want you to evolve. People that want to keep you in a box - in the image they created of you - don't love you. They don't want you to evolve because they see your evolution as a threat to them, because they are stuck in trying to find out who they are by comparing themselves. They live in a mode of survival: comparing and having to be better. That is very low frequency and it is making evolution impossible and the moment you believe their words, instead of putting yourself first and going for the things you want, you get stuck with them. It is very basic



knowledge that everything is moving in all moments and evolution is happening constantly, but if your mind gets stuck in a box because of fear and survival you can not surf that wave. You yourself create the box you live in and you are the only one that can break free from that box. Everyone that wants you to stay the same is not supporting and loving you - they keep you small to feel better about themselves and not have to take responsibility.



CHAPTER 5: Live Your Full Potential

You can never do things just like whatever. Do them with all your effort and everything or don't do them at all because if you do them just like that, you are disrespecting who you truly are and your potential and you will never achieve it, because it is lived in every single moment no matter how small it may seem. Give your all or don't even try. But if you don't give your everything, what is the point of your life? You just keep yourself small and stuck in lies and excuses. You really want to live your life like that? The only way you can deal with yourself is by lying to yourself because the truth is too embarrassing - too sad. What is the point of your life, if you don't live it with your all? What is the point of being here, if you don't even achieve the basic of being your true self? You really want to waste another life in lies and excuses? Why then not just end it now instead of making more karma for your next one? But giving up and ending it is no option, because the price you will pay for that is horrible. And you really don't want that... this moment is all you have. This life is your chance and if you don't use it the next one will be harder - and if you give up the next one will be horrible. So what is your next excuse? You really want to



experience what the price of waisting your life and this energy is? It is a game but you may not like the consequences of your moves and there is no way back. It is now or never because now is all you have and with every moment you keep excusing and wasting it gets harder and harder. But really it is your choice and your will is free it is just a little advice: stop waiting and wasting your life and making up excuses!



CHAPTER 6: Judging & Comparing

What makes you think you are better/more evolved than the person next to you? That you do your daily exercises? That you have more money on your bank account? Your religion? Your house and car? Your education? Your life experience? That you “help” others? Your Yoga Teacher Training? The colorful cloths you wear? Your vegan diet? The organic products you use? The classes you attend on meditation? That you say: “I don’t judge and I don’t compare myself”? That you have been through a lot and made it out? That you think critically? That you reflect?

All of that is comparing and judging and all of that is ego. Who do you think you are that you could possibly know better than the person next to you? That you could be more developed or awake? With that mindset the person next to you might be fare more awake than you, no matter how they look like or talk!

There are so many people that say they developed too much to be with the people they used to be with because they are not working on themselves or not thinking critically enough... that is a huge ego - and it is the opposite of real evolution!



If you have any of that thoughts you might be way less developed than the person you are judging! So stop lying to yourself to make your egos feed and grow and get your feet back on the ground: you are not better than anyone else and you are not further developed than anyone else. You are not special - but you are unique. And uniqueness does not make you better in any way! Who are you to judge? Not even god (enlightened beings - call it whatever you want) is doing that and he knows sooo much more than you! He is never judging you not even in this moment! So remember who you really are and humble yourself!



CHAPTER 7: The Lie Of The Thought

There are so many self help books on all kinds of topics and yes they make you feel amazing and give you a feeling of lightness and growth but there is a big blind spot that nobody seems to address: they all feed and nourish egos.

You read self help books with the thinking mind, wanting to understand something by thought. And as already mentioned many times in my book: all thoughts are egos - yes absolutely all of them! Including the ones that feel positive, generous and amazing... it still is ego. So these self help books are designed to make you think and rethink but still it is about thinking - when you rethink you still think...

And yes sometimes they can bring light to a truth you tried to deny and you will accept something you tried to hide from but that is always followed by analyzing and most of the time with the thought: "Now I understand" or "Now I know". Every "aha" is just another ego. And it most probably is another lie. You only created a new reality to name so your egos feel comfortable again - even if that new reality feels still sad or uncomfortable - feeling like a victim is just another ego.



That is exactly the reason why most coaches, teachers, guides, gurus, psychologists, priest, preachers and everyone that makes you rethink is just feeding your egos and making them nourish. Just because you think you are working on yourself or healing does not mean you are actually facing your egos and truth. Most of the time it is bypassing and staying in the comfort of the illusion that you are evolving. And yes we all constantly change and evolve, that is the law of nature - everything is in motion in all moments. But it does not mean you are actually waking up.

The ones that actually share the light of truth and confront you with your demons are the ones that will not give you any pity for your victimhood and excuses, because they know it is your ego and they do not serve the ego. They will not share their energy with them to make them grow. But do not misunderstand these words, there are many narcissists out there that will put themselves above and give a similar feeling but the line is very small to the holders of truth. The difference is they would never put themselves above anyone. They are deeply humble and they know who they are. They do not need your energy or recognition, which on the other side the narcissist feeds on. The narcissist needs your bowing to them and your admiration to feed their self esteem because their self doubt is huge. They even feed



of your fears and anger - even if it turns against them it still is attention to feed on. The holders of truth could not care less about that, because they are here on a mission and since they do not have egos left there is no identification with anything that would need to feed of others energy and admiration. They know who they are and they do not need your confirmation because they know you can not even understand and see their true face until you face yours.

They will slap you with the truth in ways that will make you feel absolutely uncomfortable and they will not allow you to play the victim - not for a second. Because they do not feed egos - they kill them to free the soul.

Many people turn their backs on them and walk away because their egos know they will burn in the presence of their light, so they will help you make up all kinds of excuses and blaming them just so they survive and keep controlling you. When actually they are the one that can free your soul. The truth is almost never comfortable but it is the only way to liberation.

How do you know who is a narcissist and who is a servant of light?

Well it is very easy. A narcissist needs your energy - attention - to feed on because he does not know who he



is. He will get angry at you and make things personal when you do not act the way he wants. He acts like a small spoiled kid. (And this applies to men just as much as women - since nowadays people get so offended and busy with these gender programs.)

A servant of truth does not take anything you do personal. Because he knows who he is and he knows what he is doing. And yes a narcissist would say that about himself but observing his actions you will see the truth always. The holder of truth does not care if you do what he suggests you to do or not because it is not about him and he knows if you decide to not listen you will face your own consequences and your action is your free choice. He does not need your energy and he will only continue to share and teach you if he sees you are willing to face your demons, otherwise he will vanish from your existence within a second and without even giving you a notice. (Also this applies to man just as much as to women - but if you really get so offended by not gendering there might be a long path for you to go to understand any of these words...)

So if you ever have the chance to meet one it means they see you are ready, but then it is up to you, if you take the chance or not. They see the truth and once they see you do not want to change and fight your



demons they vanish because (again) they will not waste their energy on feeding demons.



CHAPTER 8: The Role You Play

Deep down everyone is seeking for a feeling of belonging and meaning. This can look so different for everyone but yet in the essence it connects us all.

The feeling of belonging - of being part of something bigger. The feeling of fitting in and having your place. Everyone playing their role and creating that community together. But you better play the role you are supposed to play, because otherwise you will lose your spot and get kicked out. Don't think you are not playing and paying for this spot. You play pretending you are someone you are not and you pay with your energy.

All egos look for confirmation of who they pretend to be. They all seek for their spot in a community so they feel they know who they are. So they can feed from others energy and not question themselves.

But all of this is a lie. Who you truly are is not defined by anyone but yourself. You are not the role you play. That is your acting in a telenovela show.



Once you remember who you truly are you realize how ridiculous all your acting was and that you lived in a self created drama show and played the main character.



CHAPTER 9: Taking Everything As You

Why you tell your stories to anyone? It is always for attention and confirmation or for pity and admiration. It really is always to feed on the energy of the other person. You share your story just for yourself and it is only about you, the same thing applies when you give advice or compassion or any reaction at all to another person: it is always about yourself. You can not even see who is in front of you, because you don't even see yourself. And as long as you don't know who you are all your life, all your interactions - everything really, is about you and yourself alone. What a lonely and pathetic life. Just an ego feeding on everything, because you make everything about yourself. And yes even when you listen to someone else and think it's about them. If it would really be about that other person, you would not think for even one second and just be present. But you are not able to do that, with all that egos it simply is impossible. As long as you have egos you don't know who you are and as long as you don't know who you are you can't see anyone but yourself. You project yourself on everyone and everything. How egoistic...



It really is funny to simply sit and observe all these egos playing their roles in their own telenovela show.

Everywhere egos playing a role, telling their stories, making everything about themselves and lying. All these people going out with their friends but never actually seeing them or listening to them because all they can do is focus on themselves... but not in the balanced way.

They project everything on them. Even when listening to a friend they analyze everything in their mind and keep busy with the story they create of that moment instead of actually being present and experiencing it.

It really is funny and ridiculous. For the egos it feels like the absolute and ultimate truth, when actually it is a ridicules show of lies, excuses and drama.

Once you realize about that, you really never want to go back, but to be able to realize and see it you need to walk through the fire of truth and burn your demons.

This book will be read by demons and egos that don't yet understand what it is about. Their mind might create a story and concept but they will not actually understand anything at all. What is brought into words here, can only be understood by the ones that already burned their egos in the light. Until then it will only be analyzed by thought and that is and stays ego. But the



soul will listen and remember at the same time. Even if it happens in your subconsciousness your soul starts to wake up and remember. This book alone might not be enough but it is a start. This book is for your subconsciousness - for your soul. And the only way to get there is by attacking and triggering your egos. This book most probably makes you feel very uncomfortable and that is a good thing. Just don't let the ego win and continue to read. This is just the very beginning. The key for you to open the door. If you use it and enter really depends on you alone.



CHAPTER 10: The Excuse Of The Past

So many people keep bringing back the past as an excuse of the present. That is just another ego of victimhood and self pity and it really is pathetic. It really doesn't matter what you have been through in the past because it is past - it passed - it is over. And as long as you keep bringing it to the present you make up an excuse to not take responsibility and create the life you want to live, the energy you like to embody and the emotions you like to feel.

We really all have been through something that made us who we are today but that is no excuse and it really is not about comparing if what you have been through is more dramatic than someone else's story. In the moment of drama it feels the same for all of us and a heart break can feel like war or a paper cut it really is the same in the end and the only thing separating it is your ego mind that wants to put everything in boxes so it thinks it knows and understands.

Your past doesn't matter anymore - what matters is who you are in this moment and if you are playing a victim of your past stories you don't deserve compassion because it is just another ego. It is taking yourself too serious and too important. It is an ego that wants to feed on it



and it does not deserve food. We all have responsibility of absolutely everything we experience in life, so there really is no excuse and if you keep making the excuse of what terrible thing happened to you, it is just about getting attention and that is the action of a spoiled kid that doesn't want to grow up and take responsibility. You will never heal your past if you keep bringing it to the present as an excuse. Be grateful for the experience, because it shaped you. Learn the lesson of that experience, and never repeat it again. It really is as simple as that. So grow up and take responsibility - nobody else can do it for you and if you keep looking for the validation, attention and pity of others you keep being dependent on others and that is excuses and lies. If you want to live in the past: do it - nobody will stop you! Just know it is a huge ego. It is your choice if you want your life to be controlled by that ego or if you finally swallow it and grow up.



CHAPTER II: EGOS

The ego of victimhood, the ego of living in the past, the ego of perfectionism, the ego of self hate, the ego of suicide thoughts, the ego of “I am different”, the ego of “nobody understands me”, the ego of “I know”/“I understand”, the ego of superiority, the ego of “I did that before”, the ego of explanation, the ego of depression, the ego of “peace and love”, the ego of being special, the ego of titels, the ego of tiredness, the ego of the thinking mind, the ego of doubt, the ego of “I am not good enough”, the ego of the offender, the ego of “I am a terrible person”, the ego of drama, the ego of planing, the ego of living in the future, the ego of “it never works out for me”, the ego of self pity, the ego of helping others, the ego of understanding, the ego of knowing, the ego of “I have been there”, the ego of teaching, the ego of insecurity, the ego of age, the ego of knowledge, the ego of selflessness, the ego of self hate, the ego of special...

It really comes down to the ego of victimhood, the ego of aggressor, the ego of minor self esteem, the ego of major self esteem... and in the end it is opposites being the absolute same. All of them are ego as much a as any



other one and all of them are emotional-thought driven and all of them are making up excuses to not take responsibility and change your life in the way you want to live it in a humble way.

All egos feed from compassion, empathy and attention. So you will never get that from a servant of light. We support you in the way your egos deserve it because it is the only way to nourish the soul: by not giving the demon what he feeds on and instead helping the soul to grow stronger. So we will continue to trigger you until you walked through the fire and remember who you really are - then we can finally share with you what the soul is ready to remember. What that means is beyond your current imagination. You don't even know what is possible before you finally wake up. But stay tuned and continue to face the truth until then... we can only tell you this: It will all be worth it!



CHAPTER 12: The Truth Of The Body

Within less than a minute - within one look - a body tells you everything. The body is telling you the whole story about a person, their life, their energy and their thoughts. You can read it all in the body. Nobody can lie it is so obvious that it just takes one look.

The story of that person doesn't matter, because anyways it is a illusion and excuse. Observing the body and presentation of that person alone will tell more than all their stories could ever say. It is straight to the point of truth. Nobody can lie. It is impossible. The ones that walk with the truth will always see within one look at you. They don't even need to look at your eyes or listen to your voice - even before that the truth is already out.

Stories are just the ego talking. Your story is irrelevant, because it is not the reason for why you are not living your full potential in this moment. The reason for that is simply that you don't want to, because you don't want to take responsibility and grow up. But really that is your own problem. You are the only one standing in your way. You alone can change your reality and if you don't want to... well nobody can help you.



And yes from your body and presentation even the story you play is obvious. Because your story is not special it is just as much an ego as all the other ones and your self created excuse for why you are the way you are - it is pathetic that you try to lie to yourself even after you see the through in front of you.



CHAPTER 13: FOOL MOON

Every month around the full moon the demons come out. The truth comes to the light. The illumination in the darkness bringing the creatures of the dark to visibility. In these days society shows its real faces. And it can be ugly and angry. On these days more accidents happen, people get lead by their tense emotions and put them out on others and dreams can be intense. Because of that more fights can happen, tiredness can rule the day and sleepless nights can be caused from running in circles with tense thoughts that come from anger, fear and doubt.

People get lost in their emotions and thoughts because the demons come out in those days and as I said so many times now: every thought is ego and being lead by emotions without awareness is also ego driven. And egos are demons, it is as easy as that. So in these days they come out hungry to feed on others energy and how do they feed? By fighting, pity, superiority complex, victimhood and other egoistic patterns.

So on fool moon the truth is very obvious to the ones that know how to observe it consciously without identification. It is like a drama and freak show at the



same time for the ones without egos. And you also see those more clear in these days. Because those are the ones that stay who they always are. There is no shift in tense energies for them. They stay peaceful and present with a smile - enjoying the show in knowing what it is about.

The full moon is powerful and we witness it every single month. On those days by asking very simple questions you will see who is next and in front of you. The full moon can be an amazing support of bringing truth, once you slayed all your demons. But until then especially and even stronger during that period you are being controlled by them. All you can do is face them, but it is especially hard in those days because they get more powerful than in the rest of the circle. During the month you can lie to yourself but in the light of the moon the truth comes out so strong that it is even visible for you and yes you can still deny but the evidence is right there. But if you get the help of a holder of truth in those days and manage to kill your demons or at least one it is even more efficient than in the rest of the circle. So with that being said it can be an amazing tool, if you have the support and help needed by your side that will not let you escape the light of truth for even a second and all you can do is face the light that burns your demons.



But if you have a guardian by your side - a holder of truth - in the full moon you might turn against them and blame them and even attack them, because your demons take their chance to vanish from them to not face the light that burns them. So be aware of that and be very present about that and ask yourself more than once if that action is coming from your thinking demon or your peaceful intuition. Intuition is not emotional driven and it is extremely clear without letting any doubt or misunderstanding even be possible. The ego though is emotional driven and circling with letting doubt happen that leads to making up excuses and lies. So before you ever attack the person that wants to see you live your full potential, don't think about it because if it comes from thought it is your demons wanting to escape the light next to you that you are step by step turning into yourself, because that means death for them and of course they will do anything to survive. So don't listen to your thoughts and tune into your deeper intuition.

Because some masters might be giving you another chance but others might just vanish from your existence.



Maybe now you finally start to realize how much you are controlled by your own demons - egos: your thoughts, your emotions, your stories and identifications. And no worries it is like that for almost everyone but we are here to help you wake up and take responsibility for yourself and your reality/life. But of course it fully depends on you if you are ready to face yourself in the light of truth or if you continue to choose the path of comfortability - of excuses and lies - of illusion.



CHAPTER 14: Walking Through The Fire

You have to walk through the fire of truth to burn all your egos/demons. There really is no way to skip this part. And as it already says, and is referred to even as hell sometimes, it really is uncomfortable. But the only reason for that is you are identified with your egos/demons and they burn and die, so it feels like you are burning and dying, when actually the real you - the soul - is freeing itself and taking back the lead. But you chose to identify with the low frequency instead of the high one your soul is. And careful with these words because if you read them before you went through the fire your ego feeds on them instead of the soul.

It is impossible to escape that fire. And people call it hell because they are controlled by demons. For the soul it is purification and the feeling of relief and finally breaking free. The light can't burn in the fire because it is light itself. For the soul this process is the opposite of uncomfortable. The light burns all demons but the souls nourish from it. The darkness nourishes demons but drains the soul. But once the soul turns back to the light - the demons burning in the fire - it can never be



drained again. (Well only in very specific certain cases that are not worth mentioning here.)

So yes or yes you have to walk through the fire. How long do you want to keep postponing that? It will happen anyways but if you wait until you transcend (your body dies) it will be fare more horrible than doing it now, because you will be there for timeless moments and they feel like eternity, when now that in this incarnation you still have the change to walk through this fire in time and get over with it very fast comparing to eternity. It is your choice alone, but let me tell you it is destiny that it will happen one way or the other.

If you don't belief it, find out yourself. But let this be your warning and chance of help.



CHAPTER 15: Embodiment

It is possible to bring into words what it feels like to remember who you are but it is beyond imagination until you are ready to experience it.

What do we actually know? What can we really ever understand with thought that is true? All thoughts are ego and no ego can ever understand divine wisdom and therefore no thought can ever understand the source. The whole universe with all its wisdom opens once you finally stop trying to understand with the thinking mind. It really is ridiculous how much time and energy you waste every single day and night by thinking.

Thinking the most useless things that will not help you with anything. That is not divine wisdom it's idiotic ego - and it all starts with your thoughts. From the ego imprinting a thought you add the emotion and then act on it and maybe even speak it out and by that you are creating your egoistic reality. It is all coming from that egos and you are allowing them to control you and your life in every single moment...

It is very simple: if there is no ego - there is no thought! Every single thought you have is another ego creating your reality.



There is so much more beyond thought. The moment you stop thinking is the moment it all starts. It is the very beginning. Only after that pure imagination, channeling of the pure wisdom and truth and embodiment of high frequencies is possible. With egos in the mind this will never happen - not even for a moment. It is all illusion and lies and you will never even be close to understanding anything true at all as long as you think about it. It is that simple and that difficult at the same time, because how do you stop that restless voice in your head that is constantly analyzing by comparing?

Well there is a way but that path is not for everyone, because it is not always comfortable and easy since it means to let go of absolutely everything you thought was real and true and accept that your thoughts have been lying to you all this time. It is literally death - death of who you thought you are... and awakening to who you really are.

Again: nothing divine can ever be put into thought!
Every thought you have is an illusion and an ego!



Freeing the soul is a process of remembering - waking up to the truth. It might be something that in the end happens in one moment alone but it is steps after steps preparing you for that moment so you are ready to handle the truth. It is a slow remembering and of course it can open all in one moment but if you are not ready you might not be able to integrate and handle who you really are. And that can lead you to becoming a patient in psychiatric institutions, food for darkness, literal death or if you are lucky just another big egoic reality of illusion.

This path is an ongoing process of revealing of the essence of who you are. And you might have experienced not just once how it feels to be yourself but to keep that feeling and to allow yourself to be who you are is another story. You need to be patient even though it can be frustrating but it is exactly how it is meant to be.

Awakening to the truth of who you are is the most beautiful thing there is. It is pure bliss to feel this unconditional love. It is the purest form of love and with that self love. There is no mind in it - no thought. It is pure presence and the witness melting with the source. Coming home inside out and outside in. Tears of



gratitude. Tears of bliss. Tears of love. Tears that are blessings.



CHAPTER 16: THE FOOL

You have absolutely everything you need already in your hand. All the wisdom of the universe is in your hand always. This human journey is about remembrance and not about gaining something new. You already have everything. You are in all the moments of the timeline and everything already exists. You are creating your own reality.

Everything you can imagine exists for you. When every thought is silenced you embody the truth. Every vision that comes to your mind, every sound, every word is a reminder for you. A message from your subconscious of what you need to remember in this moment. It is so way different from thinking. It is pure communication not from ego but from the source.

The only one standing in your way from accessing all of this wisdom and embodiment again is you - the egos of your thoughts. Imagine you have everything in your hand but still you prefer to suffer and let the thoughts of limitation, doubt and identification win. Is that really worth throwing away the potential of your soul? You really prefer to stay an ego that feeds from pity?



CHAPTER 17: Dilemma Of Duality

No wonder you go from one extreme to the other. Some doctors even give the name bipolar but actually it is just created by you. If you live and embody one extreme you have to balance it and the only way to balance it is by living the extreme on the other end. You will keep doing that as long as you do not realize about the moment to bring them together and live in the middle. That is the dilemma of duality: you are stuck in extremes. And they can never come alone, because it is a universal law that in the source everything is balanced and if you create one extreme you create the opposite of that in the same moment. If you seek for happiness you will always have sadness in your life but if you seek for balance you will receive peace.

You can even explain this dilemma with math. If you have the positive and negative of the same number and put them together you will always get 0 and 0 is the only number that is nothing but everything at the same time because it is an infinite nothing and an infinite everything - a circle.

If you go back to the source you bring all opposites together and with that you rest in the absolute that is



everything but holds nothing. All concepts and experiences vanish because you can only experience yourself by creating opposites and going to extremes. When you give a name to something you always say at the same time what it is not - you create separation to experience and name it. But in the end you put it all together and you have everything and nothing.

But until that moment of finally merging back with the source - and yes even you yourself will loose everything and be pure consciousness again and by that gain everything - you will live the dilemma of duality. And it can be exhausting, depending on if you live it conscious or not.

And the funny thing is in the end you are the source: you are everything and nothing at the same time but you live in the illusion of separation to experience yourself in different extremes and realities.



CHAPTER 18: The Light Of Truth

What is it that will free the souls? It is the light of truth. In the light of truth all shadows and darkness will burn away. Nothing dark can survive this light. Truth is what will free all. And the ones that hold the truth - that walk with the light - will help to free us all. And it can be so uncomfortable to stand in front of them because they vanish all your lies and expose you to the light in one second. But that is the fastest way of healing. Maybe the easiest one. Once you wake up you can never unknow what you remembered. The spark of light is planted and it will bring truth little by little to every aspect of your being.

The ones that have the truth in their bodies - in their hearts, in their hands, in their voice - have to resist all darkness that will fight them to not be seen. The darkness will always try to bring the small lights to the dark and dim them. But once a light is strong no shadow can hide from it. The light was always stronger than the dark - it is and it will always be like that. The light always wins - the truth always comes out. The ones that are here to embody this high frequency are the ones that are here to save the souls from egos. The sword of truth cutting all demons.



Illuminate yourself and let the light win.

The truth is you are not special but your soul is unique. And if you were, there would not be any need to tell you. As long as you want someone to tell you this it is an ego that wants to hear it and feed from it. Once you are freed from your egos you know who you are and nobody else needs to confirm it to you anymore.

This is not a fairytale. This is no new knowledge. This wisdom has been with us since the beginning of existence.

This is straight to the point but it is not spiritual in the way humanity understands spirituality it is the essence of the universe and you can translate this wisdom in all concepts and language. It is as much scientific as it is magic. It is as much religious as it is atheistic. It is as much political as it is anarchistic. No matter the system this wisdom is not bound to one single one them - it is what connects and creates them all.



CHAPTER 19: Self Sabotage

There is people that think they are much better and can do much more than it actually is true in their case and there is the opposite: the ones that self sabotage and stay hidden from their talents and gifts to not take responsibility and be seen.

There is endless possibilities for all of us - everything you can imagine and believe is possible.

But there is a few people that incarnated with a bigger vision than experiencing themselves and healing a karma from past lives - that is the base for all of us, but there is a few that actually manage to stay connected and finish that karma fast to be able to fulfill their bigger missions. They come here with advantages - more open and connected, and yet it is their weak point to fall, if they don't accept who they are and who they remember they have always been, because humanity drained by all that egos can never see their true face. Their task is to accept who they are and fulfill their mission. But if they get stuck in trying to fit in they loose. By that they are pleasing the egos around them, feeding them and letting them nourish from their unconditional love and great capacity of forgiveness and compassion and stay small



and in low frequencies like the demons surrounding them. So in trying to fit in they disrespect not just their energy and who they are but also their whole mission and all the other souls of the team of that mission.

They know who they are and they never forget but they get stuck in denying and trying to be a demon as well just to fit in. And let me tell you they can master that darkness in terrible ways without having any mercy, because they are masters in turning off their emotions and following their will no matter what. And if this gift is not used for the light, well let's not even go there...

So how pathetic is it to know who you are and that you are here for a big mission with a whole team, having the pure energy of the universe and the conscious connection to the source, having so many advantages and with all that in your consciousness instead of embracing it and doing what you came here to do you decide to rather lower your frequency, get your energy drained just so that the egos and demons don't burn in your light? When actually that is what you came here for: to burn the egos and demons with the light of truth to free the soul. How idiotic to do the opposite of why you are here! What are you so afraid of? That egos and demons will not accept you anymore and talk bad about you? Come on they don't even know who they are so



how could any word or action coming from them have any meaning of truth? It is absolutely unbelievably stupid to hide your light and give them all your pure energy to grow even bigger and stronger and use it against you. What game are you playing really? You came here to give your energy to the darkness instead of the light? Because let me tell you this is exactly what you do by giving compassion to that energies and entities. If you are looking for love, acceptance and validation from them, well they can never give it to you in the way you will feel its true because all they do is lie to themselves and to everyone else. And it is such a huge insecurity to seek for that in the outside and that is another ego. Who could ever give you permission to shine in your light except for yourself? Those demons will never ever give it to you, because they can not even see you. They just want to feed from your energy because it's the best thing for them to grow up: pure energy (innocence). And once you shine in your light they will burn in your presence and of course they never want that to happen. So what twisted mind you have in thinking they would ever want to see you embody your true self? That means death for them and there is not a single suicidal demon that exists!



Really you are wasting all your gifts and energy on that instead of helping all these souls to wake up. You have such a big mission here and you know you can do it, so why are you wasting all of this for a single demon? Who could ever be worth that? And absolutely nobody that is in the light would want you to do that for them. Never ever! Only the egos want to keep you as their slave to feed on. You really want to be a slave instead of the powerful being you are? Come on, why is it even necessary to ask such stupid questions? Yes you have a huge capacity of empathy but please stop giving that to demons to nourish. That is not an action of light. That is stupidity and choosing darkness. There are so many wishing and waiting for you to finally accept who you are and use all that power and gifts and help the light to free the souls and guide them home. Are you not ashamed to act like this in front of them? You can not make any excuses anymore everyone, including yourself, knows you remember who you are and why you are here. Everyone knows you never forgot. You wasted too many years on demons and egos, how much longer you want to wait? Please just do it: be yourself!

You don't have to be afraid of your power anymore you are ready. You know you will never let anyone control you again and you know you are here to do big things.



You have been preparing for this for a long long time - countless lifetimes - and now all you need to do is be it! Easy as that. And stay humble always.

No demon can ever tell you anything useful for your path, so stop giving them any attention. All you can do is slap them till knock out and burn them in the light of truth so you help the soul to free. That is the only way to deal with them or ignore them completely. Anything else than that is just your fear of being yourself and using all that power you have. And come on you really want to live in fear and let the fear win? That is pathetic and an excuse and every excuse is ego. So burn yourself int the light of truth and be the fearless being you really are. Only then you can finally fulfill your mission. And it is time. You can not waste another moment. The moment is **NOW!** This is your duty and you chose it yourself knowing what you will have to pass through, so don't give in to egos. It is the test you have to pass and you are doing it.

The thing is you never forgot who you are and you always carried the light of truth even for your own egos, so you really can not make any excuses because that means lying to yourself consciously and that is worse than all that egos and demons that lie to the



unconscious soul they drain. You have always been conscious so really this is inexcusable. You have to embrace your true self now and fulfill your mission. There is no other way and the moment is now. Swallow your fear and embody who you have always been!



CHAPTER 20: The Trap Of Evolution

It really is funny to observe what happens in evolution and the trap of it. Once you kill an ego - an illusion - and see the truth of it, first you might feel relief and good about it, but you don't understand yet what is the next step, what is the new reality, and you are in a state of being in between. In this inbetweenness are endless possibilities for the reality you want to create next. It's like the time is standing still and you are fully in the here and now but as nice as this might sound most people can't stand this not knowing - it is too uncomfortable for them. They want to understand by the mind and create a reality of thought and about them so much that this not knowing is too uncomfortable to bare and they end up creating another ego and with that another reality full of illusions. And really this is nothing that happens once or twice this happens over and over again: you finally kill one ego but you are not ready to let the soul take over and embody this high frequency, so you just end up creating another ego to feel "safe". The truth is so uncomfortable and unbearable for the ego and demon that they will do anything to deny it and run away from it. It is so uncomfortable for them



because they literally will die and burn in the light of truth.



CHAPTER 21: The Truth About Awakening

There are these turning points in life that change everything within a moment. It's almost like you die and are reborn like your nervous system is rebuilt. Like your brain is wired new. And everything triggered by one moment of your life - that's all it needs. These turning points are deeply individual and yet they all shape us at the core in a similar way. We can all agree that our lives change completely after such incidents.

After you wake up to a truth, you can never deny it again. After these moments of awakening everything flows very natural and it's like it has never been any different before. They reshape your whole reality within a second to one that is more aligned and true.

Most people create a fantasy illusion about awakening. They make it sound like it is a very easy path that is only blissful. And yes absolutely that part exists, but it is not the whole story. It really is not an easy path and it is painful at times and almost unbearable but you know there is no way back. You can never unsee what you opened your eyes to. It is impossible to deny and go back to your old life and self. This path means to literally let go of absolutely everything. Yes everything -



and that does not mean only materialistic things - that is the easy part. You have to let go of all illusions - including the ones of the people you thought loved you and wanted the best for you. You have to let go of probably everyone in your life because you realize they don't actually love you and they are very deeply sad. And it is painful to accept that you can not save them from their sadness and excuses. Most of them just don't want to evolve. And they will most probably not understand you and even blame you for changing and in their eyes you are not evolving - for them it is turning into a horrible person: a narcissist. It is a sad truth and you can not change anything about it and you can never go back and unsee the truth. It is a one way ticket. This path is a lonely one. A path with many sacrifices. A path of hard and painful lessons and acceptance. The truth is uncomfortable at first. That's why most people never want to face it - they can not stand it. And yes of course it is all worth it. But no it definitely is not just peace and bliss... it is truth and truth is ruthless. It rips all comfort away and exposes everything you tried to deny and ignore. So if you think you are awakening and never experience any of this - it most probably is a lie and you are still stuck with your egos. Awakening is not fun and honey. It is the exposure without any pity to everything you never wanted to see. And again: there is no way



back. So even if you regret and can't bare how painful the truth is you can never forget and go back to how it was before. You can create another illusion based reality but deep down you will always know.



CHAPTER 22: Walking The Path Of Truth

If you are still here: congratulations.

People believe this path is an easy one. If you are still reading my book you maybe realized by now it is not. This path is not for many because most give up in the very beginning and run into the illusions - the comfort of lies. There is honestly not many people in this moment that were actually ready to face the truth and don't give up and run. And it really is not about how many managed to walk this path but it is sad to see all these souls drained by the egos and demons. This is something not many people dare to talk about because they are egos and demons themselves, so of course they will do the opposite and give you pity, comfort or blame but they will never give you the truth. Who is really honest to you in your life? Is there a single person? Because giving you compassion, fake love, attention or blame is not even close to the truth - it is all ego and that is all lies. There are not many people that walk this path and because of that there are not many people that can tell you the truth. So what can you really trust in? Who can you really trust? Do you even trust yourself? If not: how could you possibly trust someone else? Do you



really know yourself? If not: how could you possible know anyone else? Do you finally realize all the lies and illusions you live that are creating your reality? Are you still fighting the truth of who you are? As long as you do so you will never be free. You will always have one thought after another taking control over your emotions, words and actions. You create your whole life from thoughts. And again (as mentioned so many times now): all thoughts are ego and all egos are lie. So as long as you think everything you believe - your whole life and the concept of who you are - is a lie. Imagine. How sad, no? You really want to live such a life? Controlled by your egos and demons making you believe you are free? It is a lie! You are not free as long as as you have someone else taking control. As long as you are not conscious and aware of every single detail of your being: your emotions, your words, your actions, your reality, your energy, your frequency and so on. As long as you are not consciously leading all of this you are not free. It really is as simple as that. Your soul is trapped in a cage that you built yourself with your egos and demons. And you can not blame anyone else, because it has always been you: sabotaging and trapping yourself.



CHAPTER 23: Letting Go Of Lies

Once you opened your eyes and see the truth you can never unsee it. And with that you loose everything you thought to be real and true and realize it has been lies for all your life and you were the one creating and feeding them. That moment is death of who you thought you where and what you thought to be real. And it can feel as intense and maybe even overwhelming or liberation as death - it really depends on you and how willing you are to let go and accept. It depends on how much and fast you can surrender to the truth. But it literally means to let go of everything. The illusion of the people you love, now seeing their true faces and that also them are stuck in their illusions and excuses. That one can be hard because it is like everyone you love dies at the same time. But what actually dies is the illusion you created of who they are. And you were just like them so stay humble you are not better or worse than them and you have been there as well just a moment ago. So stay humble and remember where you come from: otherwise you just go back to the beginning and get stuck in the next ego trap of: "Now I know and understand.", "Now I see." or "They have treated me horrible. I am the victim here.". You are not better than



anyone else and you are no victim, because you created that situation yourself and you can not blame anyone but yourself for it. So put your feet on the ground and stay humble otherwise you are bypassing the truth and just create an even bigger ego and demon. **STAY HUMBLE!!!** Remember where you come from!



CHAPTER 24: What Now?

Maybe you ask yourself now, after you finally accept this fact: how can you break free and change everything? Well that's why we are here. Because walking this path alone is almost impossible. So we are here to walk by your side and to guide you. It is up to you if after reading this book and meeting all your egos and demons - all your lies and excuses, if you really want to continue this pathetic life or if you are finally ready to face the uncomfortable truth and wake up and free your soul. We don't care but we are honored to support the ones that dare to meet us and face who they are. This is not an easy path but it is the only path aligned with the truth and by that it becomes the easiest way to be.

If you really managed to read this whole book without getting triggered it means you are really good in lying to yourself or you are one of us. If you got triggered and swallowed and and continued we give you our respect! That means you are waking up and freeing your soul and you are ready to face the truth. Congratulations! I wrote this book for you.



This was just the very beginning. The first lesson and test. This is a very basic book with very basic knowledge and yet it is beyond what most people will ever understand - unfortunately - because this is the wisdom to liberation.

So now that you made it to the end of this book, you made it to the very beginning of your journey in the light of truth. (Well depending on if you are still triggered or swallowed it and stayed humble).

What Now? Now that you realized about who you are and that you lived in a lie all this time? Well now is the moment for the next step. And it is almost impossible to do it alone. So we are here to support. You will find us anywhere you are. Or you can join our school.

Imagine if this is the basic beginning what will happen in the next steps... and we are here to guide you in honor and humbleness.

We can not promise we will be here forever and you are ready now so this is your moment.

find us now and start your true life and path: the path of your soul!



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THANK YOU

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