

# **When Things Keep Going Wrong**

(Transforming Adversity)

By  
Beyond Timelines

E-Book/Module

Copyright © Beyond Timelines 2014

Published at Smashwords

## **Introduction**

Thank you for downloading this e-book module and welcome to personal and professional development using dynamic techniques of conscious transformation. Though it has to be said that once you get to know us, you might wonder why our light sense of humor has been omitted from this module. It is because a large degree of focus and connection is required and when setting out on this journey, all other things are distractions, and that includes our sense of humor. However, we promise that once the initial core modules have been applied, we will put lightness into forthcoming material, yet we assure you by the time you've got through this module that you will indeed feel better, more self reliant, and more in control than you do today. This is not to say that you are out of control, on the contrary, it is a suggestion that after reading and applying this module, your life will become more meaningful, your self esteem will grow, and your confidence will strengthen.

Nevertheless, by now you may be getting a hunch as to how intense these e-book modules may be – and we unashamedly prepare you now because yes, they are very intense!

Throughout they can appear heavy and you may come to points whereby you may just want to stop, and put the whole thing down. This is normal and expected. If you come to this juncture, then by all means put it down and rest, but please abstain from throwing it out, and do make a note that once things have cooled off, you will pick it up again.

This happens because when you challenge your own self, then yourself will come out to challenge you. First we come up against our own emotional and mental defenses, then we come up against the mind resisting change. However, by the time you have completed this module, not only will you have a good understanding of how human dynamics work, you will be gaining a large degree of control over your own inner dynamics.

Though being brutally honest, it has to be said that engaging with and transforming our own human dynamics can be quite a challenge, yet here's the truth. Once engaged and applied, which in a general sense can be weeks, months to a year, then real magic begins to happen. Not wishy washy, or unquantifiable, but genuine positive change and

improvements for the better.

Though what do we mean by real magic?

When read (and when read with intent to digest), the material within shifts the cogs and gears of the inner self. The upshot is that your entire life and reality begin to project and reflect these shifts, and on occasions reality provides a quantum leap that to the naked eye, looks like miracles.

So where did we get this material from?

Well, let's keep that until you've read the modules – yes, we said modules because there is more than one, but do not worry because the main 4 are all brought to you 100% free of charge.

With that being said, take some comfort in the knowledge that the module presented before you has been compiled with the upmost diligence. In our view, it is quality material distributed freely. Meaning that, for 10 years we really did work with high-ranking individuals, CEO's, middle managers, and everyday people, and you will directly benefit from their raw experiences and input. Each module has real facts and figures, and while the following makes no difference to your reading, we did not put these modules out until they were proven to unanimously work with consistency and reliability.

### **The Goal**

When a challenging, or dislikable circumstance, or negative life event happens, very rarely is it seen for its positive qualities. In fact, standard education often associates challenging events with 'unfortunate' people. However, we will demonstrate that there is an alternative, and that when the finer details are ignored and the focus shifts to the bigger picture, then a whole new reality opens. That is, when the focus of your mind moves from dwelling over life's moment-to-moment details, to perceiving your own bigger picture, then no single event could be deemed as entirely adverse.

Irrespective of individuals who say, "*Ah but you are not me, and you do not know how challenging and negative my life has been*", and irrespective of extreme tragedy, there is an understanding that when faced with adversity, at the core of the individual, there was something that had to be understood.

This may not be the answer being searched for, nevertheless, this module is like no other in so much that what will be demonstrated is that when your own life and reality is perceived, then viewed from 'wide screen mode', then what initially appeared as adverse events, can be seen as positive adversity in action.

Positive adversity is where real life events, situations and circumstances give the initial appearance of going wrong, and are viewed as destructive. When, in fact they are contributing to a much larger, bigger picture of unfolding positivity.

For example, in losing his job, Tim went onto become a self-employed business success, and in getting divorced, Julie became a renowned marriage guidance counselor. Had

Tim not lost his job, he may still be an unfulfilled office executive, likewise, if Julie had not experienced divorce, she may not be living the purpose she now states that she was born to do.

This is all well and good, but what about long term adversity such as poverty or extremely adverse events such as personal tragedies?

As impossible as this might sound our experience has shown that most all of life's events have something positive to convey. Whether one is in a position to perceive is another aspect. Yet, we hear you say, what about war, torture, rape, nasty crime, murder, and losing loved ones, etc. Where is the positive meaning in living a life subject to one of the above?

Though while this module is not directed at why these events happen, it can find and raise the understanding and meaning to the person, or people it happens to. That is, our studies have shown that events happen for specific reasons, and until those reasons are consciously processed and understood, they will continue to deepen.

If life can be imagined as a jigsaw, and that each real life experience is a separate picture in that puzzle, then we can begin to perceive that a dark piece is not always contributing towards an overall black picture. Indeed, there can be dark clouds on sunny days, yet it does not mean the day is ruined. Life and the whole of reality can be found to be the same. There can be dark experiences and lengthy negative events, yet because they are not readily accepted, or seen for their overall positive contribution, they are cast aside and rejected.

With that in mind, we must also consider the opposite of adversity's opposite. It can be all too easy to get caught up desiring, and then expect nothing but a positive life. Assuming the grass to be greener on the other side has become a somewhat natural state of mind. Yet, throughout we will seek to confirm that irrespective of poverty, wealth, education, or health, and adversity. That positive adversity is equal, it does not discriminate, and it operates throughout all.

Though when referring to the word 'positive', what we are really stating is a constructive understanding. Avoiding the fabrication or manipulation of words, when we say, "**positive adversity**," what we really mean is that regardless of disliking, even hating something, that the overall long term aspect of this unwanted experience is genuinely **constructive**.

Though one may not immediately possess the ability to perceive this, with time and effort, 99.9% of all life's events can be reflected upon for their constructive elements. The outcome is that the sunshine is found hiding behind the dark clouds, and when viewed from this perspective, even in life's darkest events, the experience can be reflected upon for its real meaning. That is, the bigger picture called '*positive adversity*'.

To begin understanding the human dynamic of positive adversity, a certain amount of life's reflection is required. Yet, this is not a looking back advocating this should have, could have, or ought to have happened. The suggestion is to reflect upon your own life, and pick out only that which resonates.

What follows is a brief but true story...

Daniel worked as a manager for a local company. After seven extremely successful years, without much warning, he was fired. This hit Daniel so hard that he spiraled into a state of anxiety, panic, and mid-term depression.

Yet, fast forward ten years and Daniel was now chairman of his own International manufacturing company, and though it bore no relation to his original position, had he not experienced what he did, when he did, then it is highly unlikely he would be where he is today. That is, ten years prior, Daniel's vision was living and working a local life, growing and developing with the same company. Had that happened, Daniel would not have met and married his foreign wife, he would not speak a foreign language, he would not have the depth of another culture, yet most importantly, and in Daniel's own words he would not "have grown."

The word 'growth' is a key element towards understanding life's bigger picture. For more often than not, we do not always know ourselves what is and is not good for us. Yet, even wrong turnings in life hold positive adversity.

The model we are going to use to frame our understanding is 'consciousness', and while it is said that there are only two guarantees in life. That is taxes and death; our understanding is that there is only one. That is consciousness, and while consciousness is covered in its own module, what is being outlined is that you yourself possess and indeed are a piece of pure consciousness.

Yet how do you know you possess, and perhaps are just pure consciousness?

Well, there is a small test that can quickly and easily be performed on the self. That is, trying to remove, and exist without your own consciousness. Have a chat to yourself, asking who and what you are. Once you have done this, tell whomever it is you are chatting with to go away and leave you alone. As illogical as this now sounds, instruct your own inner self, your soul, you, however you refer to yourself, tell it to go away.

It is not humanly possible right?

This is perhaps one of life's greatest kept secrets, and one of life's only guarantees. That is consciousness, or more specifically, your own '**human consciousness**' is all there is and without it, nothing would or could ever exist.

However, we will not get too bogged down with consciousness, only to suggest raising it to the mind and using it as a tool. That is, it is now commonly understood that human awareness stems from universal consciousness. While the mind uses consciousness to function and formulate perception, the mind is not consciousness alone.

Nevertheless, and for now, let's keep it simple.

## **Section 1 - The Dynamics of Adversity**

The dynamics of adversity could be described as not only negative, but packed full of

**‘positive potential’.** As with all human energy, for each dynamic that births into existence, simultaneously its equal and polar opposite also exists. While there is a definite science behind this, please allow us to maintain simplicity.

That is positive adversity coexists alongside adversity.

However, before we move onto that, let us now understand the two major elements that birth, create and fuel negative adversity:

1 - Limited ‘conscious’ understanding.

2 - Distorted perceptual awareness.

Please do not misinterpret the word ‘limited’ as a negative suggestion, as once the human mind is bypassed and limitations are viewed for what they really are. That is, in our understanding, the word limited signals an opportunity for personal and professional growth and development. Furthermore, and when all three words are put together. That is ‘limited conscious understanding’, it then becomes a statement of fact that when approached with open curiosity, the dynamics can and do radically improve life.

However, and as mentioned above, the first system to bypass is one’s own mind, which really is just a form of conditioned thinking.

What is this conditioned thinking and where does it come from?

Conditioned thinking can be thought of like bringing a puppy into a home, where basic training takes place. That is, toilet training, living habits, food times, and many other forms of etiquette. Eventually the furry friend will become conditioned to the ways, and the animals mind will automatically become conditioned to think the way it has been trained.

Although higher up the evolutionary ladder, as humans we appear to operate in a not too dissimilar fashion. That is, to shape, carve, and mold. During childhood, one must rely upon parents, peers, and their entire environment for initial conditioning. By adulthood, the individual mind has been conditioned to perceive and believe a certain way. As conditioned thinking uses perception, and perception is highly subjective, it ends up working to a person’s advantage, or more often than not - to a disadvantage.

Furthermore, perception, and conditioned thinking overtake and consume intuition, and eventually the idea of ‘human consciousness’ becomes alien. It is a vicious circle, yet one that is easily rectified.

However, where human consciousness originates from we do not profess to know. Though what we do know, is that consciousness is now allowing itself to become understood. With this, there is a common knowledge that the mind is not consciousness, it uses consciousness to create life and reality, but it is not pure consciousness. With this in mind, your consciousness creates a perception of all things in existence, and it is this perception that goes onto govern you. When you think, believe, analyze, judge and opinionize, consciousness is being used to power your perception, but it is not who and what you are.

So who are you? And who is in the core, who is at the inner of you?

The truth is, you do not know right?

Exactly - The truth is you, me, we, do not really know who we are, yet here is a known paradox. You already know that you do not know who you are, at the same time you know that what you are is all there is. In other words, the stuff that runs through creates and maintains you, is most likely the same stuff that is in all there is. Though we say “most likely” only because it is not yet proven, and we say stuff, though we really mean **human consciousness**. Nevertheless, you know it exists, because it is you. Yet as an individual we cannot admit this to ourselves simply because it means you might not be a separate individual, therefore you would not be who you say you are, right?

Phew!!!! Yes, upon first read it is quite taxing, though please stick with it because this is the conditioned thinking spoke of earlier that requires bypassed. As conditioned thinking and perception has convinced the mind that it is the creator, the mind must be bypassed to access the real source of creation, i.e. conscious awareness. Though please consider that this is not a real conflict because ultimately you already know and are aware that there is a source of creation running through you. What distorts this source of energy is the sub-unconscious identification with perception.

OK, now that is out of the way, it is time to highlight the dynamics of why and how adversity happens.

1 - Lack of conscious understanding

We only need to study past science, philosophy and history to know that there are set principles, strict parameters, and definitive dynamics that rule the entire universe. What has distorted our belief and made these principles confusing is other humans interpretations of these dynamics.

Whether one believes or dispels, accepts or rejects, the laws of the universe appear to be the laws of the universe. It is said that “*reality can bend a man but man cannot bend reality*” (author unknown), and while we cannot quantify this as a definitive truth. Our own studies have shown that when one does indeed change the self, than the fabric of their reality also changes.

Though, this is not a suggestion of insignificance, as on the contrary, without people, there is no existence. Though what is meant is conscious or not, lack of awareness means the individual in question has no other choice than to live life submissive to their own reality. This does not mean they are low, stupid, or uneducated. It simply means that if consciousness cannot permeate the individual to a level whereby they can innately perceive, then they are naturally governed by enslavement.

An individual caught up unaware of their own awareness can be likened to that of a dog chasing its own tail. Like the dog does not recognize its own tail, the individual does not recognize its own awareness.

That is, they have no conscious or innate awareness of why and how things happen.

These individuals could be wealthy, highly educated, poor, or desperate - it appears consciousness does not discriminate. However, what prevents an individual perceiving their own truth is their very own mind, beliefs, ego, and perception, etc.

As an example only, what follows is a highly extreme but brief true story...

On a sunny afternoon, Judy returned home to find her husband had tragically taken his own life. Initially she was horrified, and hardly able to bear the pain. With no understanding of why, she felt anger amidst the pain. Why Jack, why her, why, why, why? With the passage of time, came loneliness, and with aloneness came self-reflection, which in turn began to reveal answers.

Answers equals awareness, or better stated the raising of conscious understanding, and while it is not everyone that gets to understand why a loved one took their own life, there is always a reason why. If we do not know that reason, it is a lack of understanding of our own conscious awareness and there is indeed something that is yet to be understood. Nevertheless, this does not signal that future suicides are inevitable, as what is to be understood will surface elsewhere in life.

In the case of Judy, it took three long years of self-reflection to consciously concede to her inner self. In doing so, she came to the conscious realization that although it was a very bitter pill to swallow, there were constructive understandings to be gleaned. She also became aware that without these understandings, she would not be the compassionate person that she is today.

While it is easy to say, events naturally carve and change people, and that is true. **There is an understanding that provided 'conscious awareness is consciously developed', then a large degree of negative adversity need not happen.**

That is, from every adverse event studied, not only could they be traced back to their origins of conception, with conscious understanding, they could also be rewritten.

While this may sound like science fiction, assurance is given that this is nothing more than everyday life and reality. When adversity happens, it is happening because of past actions and reactions, and it will go on happening until whatever the required understanding permeates the individual's consciousness.

Being subject to a world of duality, means that we are largely connected to the motivators of pain and fear, desire and love. However, the two most common drivers that propel and move individuals, groups and whole nations forward appear to be fear and pain.

Nevertheless, please do not despair, as there is another human driver that is much more powerful than the motivator of fear, and it will be revealed to you a little later on.

When 'limited conscious awareness', is referred to, what is really being said is this:

Imagine seeing a building and someone asks what the interior is like, but you have not yet been inside. This does not mean you are uneducated, or stupid. It simply means there is a limited awareness of the building and with a little conscious effort. That is, in

viewing the interior, you acquire conscious knowledge - which is referred to as an expansion, or raising of consciousness.

## **Section 2 - Distorted Awareness**

This is a follow on from limited conscious understanding as no matter how much conscious awareness one has, if their perception is distorted then only a delusional reality can ensue.

Though how do we know when reality is delusional?

Generally speaking, when an individual is deeply attached to desired outcomes, and those attachments are founded upon core fears, then a delusional reality ensues.

For instance, we all find humor with the wannabe pop star who sings like a cat, but is convinced that the judges, and audience of thousands are wrong. There are those that have grand idea of being the world's best entrepreneur, yet lack the most basic and essential business acumen, and there are those that begin life with the dream of a fairytale, yet end up with real life crises, anxiety, and depression.

Delusion is a bi product of wrong perceptual awareness, and wrong perceptual awareness is a bi product of negatively perceived experiences. Negatively perceived experiences are a lack, or limitation of conscious understanding, and so it becomes a vicious, self-perpetuating cycle. Perception is like a bicycle and it needs to keep perceiving in order to maintain itself. Like a bicycle needs wheels, a chain, gears, and a frame to move. Perception requires sight, sound, taste, touch, or smell, coupled with intuition, which then goes onto form beliefs, attitudes, opinions, and judgments, etc.

Imagine a worker named Duncan, who is managed by his boss named Greg. If Greg has perceived Duncan as a lazy man, then every time Greg comes into contact with Duncan, his first thoughts will be 'here's lazy Duncan'. In a sense this is correctly functioning perception and unless something drastic were to happen, Greg would always perceive and believe Duncan to be a lazy man. However, it does not mean that Duncan is a lazy man, it means that Greg's perception of him is lazy, and this is where perception catches us out.

Though what is powering perception is human consciousness and here lies another of life's paradoxes. That is, human consciousness is used to power perception, yet whether conscious, sub, or unconscious of this consciousness. This consciousness appears to allow unconditional free choice, and it does not seem to discriminate. Yet when human consciousness is raised to a level of being aware of itself, it can then be used to not only power, but CHANGE the dynamics of the very perception it is powering.

It is with this very knowledge and understanding that we come to see that with every adverse event and experience, life is trying to tell us something. That is, wrong perceptual awareness creates the wannabe pop star that sings like a cat, but for his own long term good, he is being notched in the right direction. In his pursuit for delusion, positive adversity creates an equal and polar opposite event to show him or her their own



truth. That is, he or she will experience disappointment, pain and even fear until they come to the same conscious understanding as both the judges and the audience.

What they perceive to be an adverse event, is in fact their bigger picture of life and reality trying to convey through positive adversity. Yet pain and fear as positive motivators are only ever perceivable when we move to the bigger picture mode.

However, as humans are largely disconnected from their own consciousness, and deeply attached to their perceptual mind and individual self, there is little choice but for “**overall consciousness**” to convey these messages through drivers and motivators of fear and pain.

Yet it goes further. Overall consciousness is not something that is outside or separate from the individual self, yet to point and date, there has been little understanding of it. Overall consciousness is you and it is our suggestion that until this is recognized, accepted and embraced, then adverse events will continue to happen. Though please note that these are not personal opinions, or wild judgments as our studies have shown that when ignored, denied, or disbelieved, adverse events deepen, even compound until ones awareness consciously makes a choice to change.

Though delusional thinking stems from real life past events that have been perceived as a negative and then overlaid with energies of desire. That is, he or she becomes desperate for stardom because of negatively perceived past core experiences, that have long slipped away from the conscious, even subconscious self and the paradox is, until this core associated experience or experiences are addressed, both fame and fortune will elude.

For example, he has become desperate for fame and fortune, which is really just a core energy likely to be insecurity bleeding through as insignificance, then guising and cloaking itself as an energy of desire. Or she hankers after fame and fortune because she thinks fame and riches will bring her the happiness and fulfillment that her core fears are propelling her into believing.

Yet none of these are their own truth and both their live's and realities will continue to reflect adverse events until the core of their desires are unearthed and dissolved. If this were not truth, then fame and fortune would not elude and they would indeed become wealthy and worthy in an instant. Yet at their core, they will both be connecting to something that is amiss.

It is this “*amiss*” part that is hidden away from their conscious self, and requires conscious engaging to unearth and dissolve.

However, overall consciousness is extremely dynamic and will allow an individual to approach life like a fairground bumping car, either the car avoids others working out the correct path, or bumps away endlessly until such a time its route is carved. Either way, it will find its path and free will appears to allow life and reality to unfold in a not too dissimilar fashion.

Nevertheless, please do not imagine that because you know of insecure people who have made it big, because there is an understanding that their associated core fears were not

overshadowing their innate desires. This is a very important factor, so please refer to Module I Can't Do It, Yes I Can, (Transforming Fear) for a detailed explanation of associated core experiences, fears, attachments, and how to dissolve and transform them into self-propelling motivating energy.

It is fair to say that at some point, most all individuals will meet with and experience some form of delusional thinking, and what sets us apart is the recognition, or rejection of this. Though what really makes a difference is when we turn on ourselves with our own conscious intent.

It can be nauseating to hear that, in order to enjoy good health, financial freedom, harmonious relationships, and longevity, one must become humble, less egoic, and selflessly serve others. These words are written and preached over and over again, yet the reality is, implementation appears delusional.

So how does one end the loop of delusional thinking, that is, how do we dissolve adversity and see it for what is really is - positive adversity?

Well, we will come to that as we progress, though for now, there is a common fact that delusional thinkers experience more adversity than balanced thinkers, and it appears to come down to one single factor - conscious awareness.

This simply means that the individual is more conscious that their inner dynamics are influencing and contributing to the creation of their objective reality. They may not fully understand the exact system of dynamic interactions, yet they have acquired and mastered enough skill to make life and reality work for them.

Yet, whatever the level of consciousness, all appeared to be experiencing highly subjective realities.

So is delusional thinking really responsible for adversity?

This can be answered in studying other cultures. For example, in the west it could be considered delusional to consciously pass through a red traffic light and expect to reach the other side safely? Yet in China it is common practice to ignore red traffic lights, and expect to reach the other side unscathed. While the west may hold the perception that this is 'delusional thinking', the east have no awareness of such a thought process.

The bigger the lack of awareness, the more severe the adversity.

### **Section 3 - The Origins of Adversity**

There is an understanding that the origins of adversity were created as a driver to move not only individuals, but whole groups, cultures, and the entire world forward.

Keeping it simple, adversity is often referred to as misfortune, bad luck, negative, distress, disaster, etc. It presents us with negative challenges, normally rooted in fear - yet what is it's polar opposite? It could be said that privilege, harmony, well-being, fortunate, and faith are its opposites.

Yet where does it stem from, and what use is it?

It is said that when a person is subject to adversity, it is a time when their true colors are on full display. In other words, an angry person put under pressure becomes angrier, while a harmonious person put under pressure remains balanced. So, it will come as no surprise to know that the angry person who becomes angrier, experiences more adversity than the harmonious one.

With this in mind, and as much as we may not like to hear the following, yet the origins of adversity, misfortune and bad luck appear to birth from within oneself.

For example...

Imagine two individuals, Jack and John.

Jack was born and raised in what he described as severe adversity, while John was born and raised in what he described as a 'privileged household'. Paradoxically they were both born into similar backgrounds, class, and social structures.

Jack recalls his childhood as largely unhappy, fearful, adversely challenging, and not too pleasant to look back upon. On the other hand, John recalls his childhood with smiles, love, and full of uplifting inspirational events. A childhood he was extremely proud to have experienced.

Origins matter little to the understanding of adversity, in so much that both Jack and John had no conscious awareness of anything beyond their own individual memories. That is, it is widely understood that events and experiences beyond around five-years-old cannot be consciously recalled. In other words, adversity begins not with the big bang of the universe; it begins in the conscious mind of the individual. Though was it a coincidence that Jack experienced a life full of adversity, and John a life full of privileges?

Ironically, and nearing their 80's, Jack was riddled with physical illness, had led an unfulfilled life, did not believe in or recognize a deity, or anything other than himself. When asked to reflect, he could not consciously grasp the meaning of life, let alone his own existence and believed himself to be 'being punished'.

On the other hand, John could without effort reflect back with a more than a conscious understanding as to how he had lived a privileged life. In fact, John stated that the more he listened, attuned, and allowed his overall consciousness to guide him, miraculously his life improved, and it was this that kept him going.

Jack could not consciously understand why he was born the way he was, yet with effort, and guidance, he could reflect back with a little understanding as to how his own perception not only held him there, but was digging a deeper and deeper hole. He knew his life was almost over, and sadly welcomed the final curtain. Yet during one of our final interviews, there was an admission and an inner knowledge that his mind, thinking, and perception had perhaps contributed heavily to the creation of his own adversity. He spoke of others who enjoyed more than he, and how they differed in their thinking,

acting, and reacting. At the age of 79, he was consciously connecting the dots.

On the other hand, John was still going strong, his health was good and throughout, he had experienced only mild adversity. Yet unlike Jack, John spoke of an inner connection and an inner awareness that was his best friend. He had no plans for a passover and talked of going on well into his 100th year.

Ironically, where Jack had no awareness of the meaning of life, John did. Where Jack bumped around life like a fairground bumper car, John felt guided. Jack lived a hundred fold more adversity, yet John just knew how to circumnavigate it. Jack's take on life was 'it was torture' whereas John's take on life was 'a privilege'.

Jack passed away in 2011, aged 79. As of July 2014, John is 85 and still leading a healthy and full life.

What was the difference and why did these two almost similar people lead two very abstract lives?

Well, there does appear to be a set of global principles relating to adversity, when it will, and when it will not be experienced. That is, when an individual gravitates away from their own truth, buying into and believing their perceptual experiences, then an imbalance occurs.

The imbalance forms when an individual like Jack reacts to and takes direction from their perception. Thereby, they believe themselves to be separate and that entire life and reality is also separate. Over time, perception and mind enslaves them and eventually they believe that perception is them. Though perception is needed, it is meant to be a tool and not an attachment.

Remember the earlier case of Greg who perceived Duncan to be lazy, and the pop singer who sang like a Cat but perceived themselves to be the next global super star? Well, these are simply "subjective perceptions", but they are not necessarily the truth.

How does one know when they have wandered from their own truth?

When adversity is upon them. There appears to be simple rules and dynamics that govern reality and one of those dynamics can be described as follows;

When a puppy wanders from its owner, there is a leash to pull it back. No leash, and the puppy could become totally lost. Yet most all-new dog owners invest in a lead, or remain close at hand guiding and shaping the puppy to return. If the puppy dog goes too far, either the pain from the leash, or the fear in losing its owner, ensure its path is corrected.

Though humans have perhaps complicated their own reality, as on one hand we think that we are alone, then on the other hand we hope there is a deity. We like to think that we are totally free, but hope there are parameters to guide us. We like to think we are creators, yet have no idea how we created ourselves.

However, there does appear to be guidelines, boundaries and parameters governing life and reality, and it appears one must consciously work them out for themselves. Studies

are showing that consciousness is perhaps the ultimate creator, governor, and maintainer of life. As the more aware and connected an individual is to their overall consciousness, the less adversity life presents. Likewise, the less consciously aware the individual is, appears to encounter and experience more adversity. Furthermore, an individual bound by their perception, goes onto birth and manufacture adversity, whereas, an individual free from the mind and self goes onto live a life of privileges.

Nevertheless, please note that we do not profess to be the designers or architects of the universe, our suggestion is to adopt what resonates and discard what does not. Having said that, before anything hits the rubbish bin, please challenge yourself to try it out.

#### **Section 4 - How Can Adversity Be Reduced, Even Switched Around Altogether?**

There is little doubt that adversity affects not only individuals, but groups and whole cultures. For example, Jack led an individual life of adversity, and it could be said that born into certain parts of the world, one's whole environment would naturally be adverse. Though what can be done about it?

Well, there is an emerging understanding that all adversity stems from the mind of the individual. To stand any chance of reducing, or reversing, the power of imagination is required. That is, before believing the world happens, we must move to the premise that nothing happens without you. That is, if you did not exist, then neither does the entire world. Yes, it's a tough concept to grasp, though for short while, please allow yourself to follow this path.

Without you and your mind, there is no reality right? OK, we hear you say that life has gone on prior, and will go on after your passing, and this may indeed be true. Yet for you, nothing exists beyond your own existence right? OK, let's not get too far out, as this is merely a tool in developing awareness that there might only be YOU, and that everything in and around your reality could be a projection and reflection of your own overall consciousness. Though please note the word used was 'could be' and this is not a statement of fact. It is a model used to reduce and dissolve adversity, as it has been discovered that those who lead a life of privileges appear to be using this very system.

Now we are at the spot whereby at some point in life, your mind may have already pondered the above concept. Yet, for obvious fears, it was dismissed and rejected as a crazy idea. In fact as we have already seen with Jack, the more adverse life gets the less probable the thoughts of "conscious awareness" creating" become. However, if this were truth, and Jack was right, then life and reality would be deemed 'luck of the draw', but it does not appear to operate this way.

We suggest there are secrets to the universe, but these are only secrets because they are not readily accepted, and while there is no intent to patronize, please consider the following example;

Imagine a Monk lodges and application to become the next President of the USA, yet he

has never set foot outside Tibet, let alone possesses any knowledge of America. What do you think the public reaction would be?

Most, are likely to deem his proposal as inappropriate. Though irrespective of his intelligence, and higher state of consciousness, what is really being said is that he lacks a certain understanding, is limited in his awareness, and 'he just isn't one of them'.

The same can be said between those like Jack who experience a life full of adversity, against those like John, who seem to breeze through life in harmony. There is a growing understanding that there is no curse, no bad luck, and no random choices. What appears to be between them is a lack of understanding, through a limitation of awareness. However, because Jack's perception convinced him that perception was the creator, and John's awareness could perceive and know this not to be the truth, the route to living a life of privileges remains John's secret.

Though John does not attempt to tell Jack his secret for the same reason a parent does not explain deep science to their child. That is, Jack just won't get it, and he won't get it because his attention is following his perception, which locks him into the believing that which he is perceiving.

While it has been written many times before, that “**perception follows attention and attention goes where perception influences**”, rarely do we stop to fully consider this. That is, “**attention**”, or better said, “**full on focused attention**” is where consciousness is used to engage with something. If we are not conscious of this, then more often than not “**consciousness**” just follows an individual's perception, simply because it has no other choice.

Remember Greg perceived Duncan to be lazy, though this is most likely only a personal opinion because Greg's perception has locked him into this thought processing. Well, John just knows that Jack is caught up in a similar struggle. If John explained that he uses perception as a tool, and that his true guide is his overall consciousness, then it is most likely Jack would ridicule him and laugh.

Though before rejection or dismissal of the above, is it coincidence that those who live a life of minimal adversity, and enjoy more than the average privileges mostly use their inner system to interact?

Is it luck that the happiest, most content in life appear humble and calm?

Is financial and material success really just a blessing?

Is it coincidence that privileged individuals live amongst other privileged people? And that individuals experiencing adversity live near other adverse people?

Is this really just random?

Although it is easy to say yes, lengthy studies of adversity show that there are indeed common denominators to suggest otherwise. In other words and perhaps for the first time, what is being outlined is that harmony, privileges, fortune, freedom, vitality, and longevity etc. are all bi-products of an individual's “truth”.

Though in layman's terms, what is truth?

Living one's truth translates to acquiring a level of consciousness to perceive that there is indeed an intelligent system of interactive dynamics, and then living from the rules that govern these dynamics.

Not only that, truth means '**consciously**' knowing that there is no separation from inner and outer reality, and that changes on the inside, eventually vibrate through to and reflect on the outside. Though in living one's truth, the individual disassociates from the negative ego. Not their entire ego, just the negative aspect, and they take direction from their overall consciousness. This is vital information, and it is a key element in developing the skills that are required to acquire it.

Though it all boils down to this:

Individuals who experience privilege over adversity, fortune over misfortune, harmony over distress, freedom over enslavement, all perceive their reality in a similar way. That is, they are aware of a connection between their inner and outer world, a line of consciousness that permeates both, and a system of dynamic conscious interaction.

Though please allow another of life's paradoxes, and one of the secrets behind the secret.

That is, '**one must never tell**'. There is a dynamic in the universe that states, once the inner truth is shared with outer reality, then all power goes with it. However, as there is not enough word space here to explain the concept of **explicate and implicate** reality, for now, please accept 'that it works'. In fact, you may like to take this one step further and try it out in your own reality.

Though it is best seen around a table of extremely privileged individuals, as each one believes they hold the key to a harmonious life, and they do because they are real living examples. Nevertheless, they NEVER speak of the conscious awareness that permeates and guides them because there is a mutual understanding that external reality is a direct result of their inner reality, and any attempt to separate it automatically engages the negative ego. When the ego becomes involved it assumes responsibility and itself to be the creator, and the link to their truth is broken.

That is, have you ever noticed humble individuals like actors Roger Moore and Paul Newman, inventors like Thomas Edison and Nicola Tesla, aids such as Florence Nightingale and Mother Teresa, and businesspeople like Bill Gates and Larry Ellison, did what they did, and achieved what they achieved, without publicly sharing their most intimate secrets?

Though we are not referring to their external successes. What is being referred to is their inner world of dynamic interactions, and the system that gravitated them to where they are. Additionally and albeit subjectively, they stay as far away from displaying their ego as humanly possible.

Though, consider that there are a minority of individuals where the negative ego is all but nonexistent, and that 'humbleness' is just a bi-product. In other words, what on the

outside looks like a kind, naive, innocent individual, is total detachment from the egoic self. That is, these individuals 'just know' that if they engage and boast through their external reality, all of life's privileges will begin to diminish and fade away.

This happens when an individual identifies with and attaches to their egoic perception. When they believe themselves to be separate, and that inner and outer are two, they have broken contact with their truth, and adversity begins.

While this is not a personal indictment of Mr. Simon Cowell, what can be noted is an obvious change in his external reality. That is, during his early years of rise to fame and fortune (2001/2 onwards), he projected vast amounts of public appreciation, gratitude, and humbleness. This produced an explosion in his popularity, personal and professional circumstances. Yet, as of 2012, adversity appears to have taken over. Publications in the British Newspapers such as The Daily Mail suggested that Simon is under excessive stress to the point of cracking up. The paper went on to say, "*With ratings for The X Factor in the UK falling like a stone (they are at an all-time low of eight million), plus the fact that The X Factor USA is losing the ratings war, as well as viewing figures for his British game show Red Or Black being so poor, he is facing setbacks on all fronts*".

The paper went on to quote, "*Simon is experiencing failure for the first time, and he's in real trouble because of it. He doesn't know who to trust, and he doesn't know how to turn it around. He's had years of everyone telling him that he is a genius, and of him ruling the entertainment world. Now it's all falling away. The crisis is real — and ongoing. Truth is that he has long struggled with insomnia, which he attempts to combat with sleeping pills*".

Simon in his own words said, "*I've got to work out my demons and come out of it. I have to get back to where I was years ago*".

As it was outlined earlier and irrespective of intelligence, wealth, fame, or otherwise, adversity does not discriminate. Furthermore though not commonly recognized or understood, for individuals like Simon, there is an understanding that adversity will continue to compound and deepen until the conscious self comes to understand their own truth, how far away they are from it, and more importantly, until adequate steps are taken to rectify it.

While this might sound like gobble-dee-gook, it is the difference between living the life of Jack, or living the life of John, only Simon like most are living both. If adverse situations are not consciously understood, then like the bumping car bumps its way around the circuit, adversity will continue in the same fashion.

So how is this changed, rectified and turned around for the better?

Well, there is a very simple solution that requires a large degree of effort. That is, to consciously understand. This tiny sentence holds an unlimited amount of power, for until something is consciously recognized, understood and more importantly 'processed' then adverse events will not go away. They cannot go away because this is a polar dynamic of the universe in operation.



Though in layman's terms what does this mean?

It means when life continually goes wrong, and when negative events and experiences engulf, then life and reality is conveying corrective messages. However, regardless of personal beliefs, opinions and judgments, in a general sense the messages are always 'positive'.

For example...

As much as the world at large likes, even loves Simon Cowell, how many really believe he is the genius that he believes himself to be? It may be recognized that genius and talent is running through him, but that talent and genius is not him. However, if Simon over identified with the egoic self, he would then be duped into believing himself to be the creator. Yet, as this is not the truth of the universe, reality has no other option but to show him his own truth. Therefore since a human's main motivators are largely by fear and pain, then this is how 'realignment' is experienced.

Realignment is the individuals system nudging them back towards their own truth.

For example...

Over the years Simon may have unknowingly, mistakenly and unintentionally drifted, yet the paradox is such like the dog chasing its own tail. In other words, like the dog does not consciously know it's chasing its own tail, it is most likely Simon does not consciously know the ego is preventing him from knowing himself. He may get bouts of insight, yet "full on" awareness is not there.

In fact the ego is a human dynamic that once over stimulated, runs wildly around the garden so to speak. That is, individuals whom get caught out with this, know not of their inner dynamics. If they did, then the ego could easily be brought under control. Though it must be emphasized that these references are not derivatively directed at Mr. Simon Cowell, or mentioned in a negative sense. On the contrary, the negative ego is an aspect of self, which can fool even the best of us into connecting with it.

Though what holds and maintains the negative ego in situation is the perceptual system of beliefs, attitudes, opinions, and judgments etc. It was spoke of earlier that in order to reduce adversity, the mind, which really means personal beliefs must '**consciously**' be put aside.

However, before we do that, let us go back to the projection and reflection theory.

As an analogy, imagine life and reality to be like a giant 3D video game, though instead of controlling from a joystick, you are inside and in the middle of this video projection. Imagine that the controller is your consciousness, not your mind, but the consciousness that powers the mind. Yet like all great games, there is a catch and that catch is 'interaction'. Meaning, whatever your consciousness interacts with, you can become.

However, to make a great game flawless, it does not matter whether you are conscious or not of the consciousness that is powering the game. In fact, this is the game. Until you become aware that the consciousness used to guide and control the game is your own

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

