



# THE TINY BOOK OF POSITIVE VIBES

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# **The Tiny Book of Positive Vibes**



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## Preface

If you are reading these very words know that there is something within you that has ignited like a deep fire that is burning from your soul. Your inquisitiveness or your new openness for life has lead you too many doors you thought you would never enter or doors you never knew existed. Perhaps you had that “aha!” moment and you came to the epiphany that there is more to life than meets the eye and you have set the first foot forward on this magical voyage of self-realisation to reach an inner awakening.

Why do I know this? It is because the very same thing happened to me and without my questioning and seeking I would have never met all the right people, found myself in all the right places and been open to all the right opportunities. As I began to seek and channelled further towards my true authentic self I realised who I really was. I am life. I am connected to all of creation and I am simply a tiny speck of the universe in a vessel conscious of itself. Once you realise this you become constantly inspired as you become more receptive to the magic that is flowing around in the ether.

To be inspired means to be “in spirit” which ultimately means you have become connected to life force. Our souls are precious like gold but in order to find gold you must sieve through the dirt. Life has placed a blindfold over our eyes thus we are unable to realise our true potential. As you slowly regain your sight you will realise that there are no such things as coincidences and everything in life has a divine order and purpose.

On this voyage I learnt about the importance of being present, trusting life and surrendering and that true happiness comes from within. This book has been inspired by all those who have touched my soul and as life has gifted me with inspiration and this heartbeat I gift you with my new found philosophies.

All I ask is that you continue to spread love, joy, hope and positivity to all those who cross your path and that you follow your heart.

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# 1.

## How to Live a Life of Purpose

**W**hat is your purpose on this Earth? The search for one's purpose is profound as it defines our very existence. Throughout this search we may begin to feel like Alice, tumbling down the rabbit hole. It may look like there is only darkness and we are lost in abyss clutching onto whatever is around us to find a trail that will lead us out of this despair. The yellow brick road is no more and the perfect path we knew only too well has now disintegrated and vanished into the wind. Like a boat lost ashore we look for a lantern or a lighthouse to guide us back home. Sometimes the light that we are seeking is within ourselves and when we look deep enough we will see a candle burning dimly that longs to burn brighter.

In order to seek and find ourselves we must go on an inner voyage because the truth of which you seek is nowhere outside. The rise of a new spiritual awakening is leading us away from the age of downfall towards a new golden age. Many souls are questioning their purpose in life and they are seeking for something far greater than they have been lead to believe.

Perhaps the true purpose of life is to get to know ourselves. We are spiritual beings having a human experience. Maybe there is a way in which we can realise that we are limitless and that we have the power to dissipate the walls that society helped us build.

### *The Principals for Purpose*

1. Learn to have courage, faith and independence. Guidance can always be sought when trying to find your life purpose from family, friends, teachers or gurus however, they can only light the way that ultimately you must walk. You are creating the path that you are walking. You are the Columbus of your own life journey.
2. Expel all self-doubt. Self-doubt and fear will always be an anchor that will stop you from moving forward. The keys to your own liberation are in your possession. The shackles that imprison you are illusory, created only by society who has fed you to believe that you are not enough. Goi Nasu once stated that "*An entire sea of water can't sink a ship unless it gets inside the ship. Similarly, the negativity of this world can't put you down unless you allow it to get inside of you.*"
3. Become a thinker. We are programmed to believe everything that society and media feeds us without questioning whether it is right or wrong. Humanity is the only species that has the capability of rationalising and thinking, so why do we keep this invaluable gift in the shadows. Knowledge is power and life is a constant lesson of learning. Everyone can swim but few are brave enough to dive deep.
4. Understand the power of your thoughts. The epitome of all being is energy and it is all manifested and moulded from a universal source. The human mind is a powerful device

which sends out frequency to an omnipresent receiver. Our thoughts are a message to the universe of what we wish to manifest. There is no right or wrong, only the thought so be mindful of the message you are sending out. A positive mind will lead to a positive attitude and a positive life.

5. Learn to embrace change. Change is the only thing that is constant and when we realise we cannot change the situation, only our reaction, we gain a better grasp of life. Most changes occur when the spiritual awakening begins, the change of career, an end of a relationship or a financial crisis. The surprising spiral of events leads you to question the true purpose of life. This is the beginning of something beautiful that only the brave can seek.
6. Maintain balance in your life. Find a way to balance your mind, body and spirit. This could be through meditation, retreating into nature, painting, writing poetry, and singing, gardening or cooking. Anything that encourages your inner energy to vibrate with love and passion grounding you back to your true authentic self.
7. Accept that the biggest battle is with oneself. The biggest critics you will ever face in life will be you. We are so hard on ourselves constantly comparing to something or someone. It's so rare for someone to say just be you! Only you are the best at being you and no one else can compete. Imperfection is perfection because we were all made unique with a story to tell and a purpose to fulfil. Own yourself!
8. Become free of attachments. Unconditional love has no conditions nor expects anything in return. You are a free spirit born alone and you will go alone with only the beautiful memories and experiences you have accumulated. Attachments stem from ego as it requires attention and always seeks drama. We love to attach ourselves to the positive aspects of life but in life there is a thing called duality. There are good times and bad times, it's the cycle of life. Once we become free of attachments we begin to flow with all life's experiences finding beauty in every moment.
9. Keep on smiling. It has also been proven by physiologists that by forcing a smile you can lift your spirit even if you are in a bad mood.
10. Be a truthful person. Buddha once said "*Three things cannot be long hidden. The sun, the moon, the truth.*" The truth shall set you free and the truth will always prevail. Be honest in your intentions and be of pure spirit. You can lie to others but you can never lie to yourself. "*You reap what you sow.*"
11. Do not become envious. It is easy to feel envious and jealous when we see others doing better than us. Often in this society people want to see us do well but never better than them. Rather than feeling negative let us applaud them in admiration and learn from what they are doing. We are a constant work in progress and everyone we meet is a teacher.
12. Be of service to others. Happiness and success is always best shared. Serve others in whatever way we can as it promotes gratitude as we look at our own lives and realise how

much we have to be grateful for. To see someone smile just because you cared enough is a blissful feeling.

- 13.** Focus on being present. Do not be too caught up in the past or the future. Understand that this present moment is all there is and all there will ever be. Seize it and make every minute count for it is the beauty and appreciation of this moment that will lead us to the next. Eckhart Tolle states, "*Stress is caused by being 'here' but wanting to be 'there.'*"
- 14.** Do more of what you love – "*Get busy doing the things you love and your destiny will find you.*"

## 2.

# How to Practice Gratitude

**T**here is a universal law that states, “Give more than you receive.” A beautiful notion yet something we often struggle to do. Most of what we do in our daily lives is done for our sole benefit. Many people believe that life is harsh and that we live in a dog eat dog world and that it is rare to meet someone who is willing to help others. One thing I truly believe is that regardless of cast, creed, belief or colour, we are all one interconnected by a universal energy.

It’s perplexing that those who have most of everything don’t always see what true blessings they possess. The things we often take for granted can be what someone less fortunate is praying for. Those who have more are willing to give less but those who have less are willing to give more. Those who have been through suffering know first-hand what it feels like to experience the challenges in life. Try and put yourself in another person’s shoes before you make judgement and see life through their eyes.

Every single individual has a deep story that explains who they are, why they are the way they are and why they are currently where they are. We all have a gift to be a beacon of light to humanity and the more good we do in this life the brighter life will become. Giving can be the smallest of things like smiling at a stranger who is having a bad day or offering your ears and shoulders to someone who simply needs to be heard. It could be striking up a conversation with someone who is sitting alone at a café or simply asking “Are you okay?” to someone who seems a little down.

Life is such a beautiful and fragile thing and we should embrace it and uplift ourselves and others whilst spreading as much positive vibes as we can. The more grateful you are for life the more life will give you to be grateful for. Positive actions always ripple.

### *Things to Be Thankful For*

1. If you woke up today it means you have been given the gift of a beating heart. Where there is a heartbeat there is life. There is someone out there who planned for today but went to sleep and never woke up. The life force that dwells within you is the power that will propel you towards your purpose in this life.
2. If you have a roof over your head it means you are safe and you are warm.
3. If you have a warm bed to sleep in you can close your eyes and lay in comfort.
4. If you have a family that love you, care about you and support you, know that you are blessed. You matter to these souls and they matter to you.
5. If you come home to a table decorated with warm food your hunger will be no more.

The above are the mere basics that are required to survive in this life. They are things we don't think twice about as they are provided naturally for us. However, there are unfortunate souls out in the world who pray day and night for the luxuries which we forget to recognise. Acknowledge your blessings and wake and sleep with a grateful heart.

### 3.

## How to Love Yourself

**I**t seems that everywhere you look society bombards you with stereotypical images of how you should look. We begin to idolise celebrities and constantly compare ourselves to them which only leads us into a downwards spiral of never feeling good enough. The whole thing is just a simple fallacy since we were all created to be unique individuals. Being different is a blessing and we should learn to truly embrace ourselves 100%. Confidence is a very attractive feature and if you accept and embrace yourselves your energy will mirror this.

Mainstream media tells us that girls are always meant to look pristine with immaculate make up and guys should support ripped bodies with six packs. Any decision you ever take in life should never come from pressure. It should be free willed with all the right intentions because you actually want to better yourself. Who has the right to tell you that you aren't perfect as you are? It's imperative that you are comfortable in your own skin.

True beauty comes from within and albeit appearance does play a part in life, it isn't everything. The right people will always appreciate your unique essence as a whole package. Look in that mirror and acknowledge that you are a miracle and a piece of magic. Hold your head high and just be you and do you. The more positive we become about ourselves the more life will give us to be positive about. The choices you make for your own self should always be done with pure intention because it's truly what feels right to you. It's time to be the best version of you!

### *Reasons Why You Are Awesome*

1. You are perfect in your own way. Perfection is a derivative of our perception thus perfection is viewed differently by each individual. The most important view is yours and how you see yourself as it plays a fundamental part in how you decide to live life.
2. Your uniqueness is a gift. Never compare yourself to others and wish you were more like someone else. There is always a divine reason for why you are the way you are. Albert Einstein once quoted that *"Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing it is stupid."* Everyone is gifted in something and each gift is as important as the rest as they are all contributions to humanity in whichever form it may take.
3. A phoenix is born from fire. Life will always have its ups and downs and at times it may feel that life is conspiring against us as nothing is going right. However, we have a choice to keep playing the victim in which case we will keep attracting the same scenarios or we can become a leader and lead ourselves out of the darkness.
4. You have the strength to stand alone. There may be a point where you realise that your perspective of life differs from all those around you. Your dreams may seem laughable to

your nearest and dearest and people will tell you to be practical. If there is a fire burning in your heart that this is your purpose then listen to your intuition. Sometimes you have to stand alone to prove that you can still stand. When your success paves its way others will become inspired by you and join you on your journey.

5. The more you love yourself, the more you can love others. Our capacity to love all begins with how we treat ourselves. The more we embrace who we are and channel into our true authentic self, the more we attract likeminded souls. If you are looking for that perfect partner you must first become a mirror image of the person you wish to be with. Once you start doing this the universe will conspire with you to bring you both together through a series of divine coincidences.

## 4.

# How to Maintain a Meaningful Relationship

**T**here is that saying that love can either make you or break you. When everything is going right with your significant other every moment is blissful but when things start to go wrong there is a downward spiral into chaos. If love is truly love it could never turn into hate could it? Love is a symbol of purity, innocence and truth so how can something so beautiful become so ugly in an instant.

There are three words that have the power to elevate our reality as they caress our existence like a cool winter breeze, “*I love you.*” The words evoke a feeling of nervousness, joy and a release of butterflies that float around in your stomach. It warms you like camp fire or a warm blanket that lets you snuggle into its softness on a cold winter’s day. However, the words are over enunciated and the label of the words “*I love you*” does not reflect its meaning. When our feelings of love are also connected with a feeling of possession, addiction and necessity it does not come from true love, it stems from ego. The ego feeds off external events and scenarios in order to feel fulfilled and it is never still or satisfied.

When we go through a painful break up we know that “*This too shall pass.*” At that point in time it feels like our world has been torn apart and our future is crumbling. As time passes the pain eases and the memories fade away. We move on colliding with other kindred souls in an array of divine coincidences. What you once deemed impossible has become possible. This demonstrates that perhaps it wasn’t the person you were missing but instead it was the feeling of being in love. Once the object or person to which all our fixation was magnified becomes absent from our lives, our ego begins to starve. It’s like an addiction and it just needs one more hit.

The Indian mystic Osho stated, “*If you see a beautiful flower, don’t pick it up. Because if you pick it up it dies and ceases to be what you love. So if you love a flower, let it be. Love is not about possession. Love is about appreciation.*” Spiritual teacher and writer Eckhart Tolle expresses that our English way of expressing “*I love you*” is very confusing as it is very misguided. The Spanish have a certain authenticity to how love is expressed. The word “*Te quiero*” means “*I want you*” which is often the common meaning behind the word. However, “*Te amo*” genuinely means “*I love you*” and it is rarely used as it is associated with true love. True love is unconditional and infinite no matter what the situation or the time.

### *Tips for Maintaining a Meaningful Relationship*

1. Always stay true to yourself. When we first meet an amazing person we will go above and beyond to impress them and we become a completely different person. It is like we are playing another character in order to keep another person happy but that façade sooner or later wears away as it becomes hard to be someone you are not.

2. Be independent. It is amazing to do fun filled things together and gain new experiences and adventures as a couple. However, appreciate your “*me*” time. Live your own life and don’t be willing to drop all your pre planned plans within an instant to spend time with your significant other. There should not be a dependency on one another to feel fulfilled and happy as that can only be found within. Love is about appreciating each other’s presence and it is humble.
3. Communication is imperative. There are going to be times where you and your significant other will not agree with things since you are two different people. However, always acknowledge that the relationship and the love is always more important than the argument. Take time to listen to each other and appreciate each other’s views because often another person’s insight helps us to expand our thinking and be open to a new perspective. Communication is a sign of respect for one another despite each other’s differences and it unites us rather than separating us.
4. The small things count. Gestures don’t always have to be extravagant and it is often the small sentimental things which are the most profound. Leaving post stick notes around the house for each other, taking a late night stroll under the stars, bringing their favourite coffee or even giving them the last slice of pizza even though you know you really want it. Pay attention to what they say because when a person trusts you they will reveal all the small things that matter to them the most.
5. Elevate one another. Complement one another with positivity and support each other’s dreams and failures. A strong relationship is where each individual elevate each other and help each other to see their full potential. When you really love someone they will give up on themselves way before you ever do because you will always have faith in them.
6. Always be loyal and honest. These are the foundations for any relationship. You should never be scared to tell your significant other of what is transpiring in your life. They are often the first person you turn to when you experience something funny, sad or happy. Always do what is right by them.

## 5.

# The Soul Mate Vs the Twin Flame

### *The Soulmate*

**H**ave you ever met someone for the first time and asked yourself “*I’m sure I’ve met this person before, they seem so familiar,*” yet your conscious fully acknowledges that this is your first encounter. There may be a chapter in your life where your path crossed with an amazing soul and as you hung out at a local coffee shop talking for endless hours your eyes seemed to recognise each other. All the pieces just seemed to fit into place and it felt like you have known each other throughout lifetimes. What if this was a definite possibility and the person sitting across was the incarnation of your soul mate.

Perhaps you have lived through lifetimes together and in each story your paths would always cross. What if it was by fate that your meeting was inevitable and like a broken vinyl record it will keep on repeating? It is believed that soul mates agree to incarnate on this earthly plain to assist one another in learning a lesson and it can take several life times until the teaching has been taught. Once the contract is fulfilled the balance of karma is restored and the two souls depart either way to achieve something much greater in their lives whilst growing as people. That familiarity that someone just “gets you” becomes forever more prevalent the more you spend time with them. Your soul reaches out to embrace them because it knows only too well of whom has entered your life once more.

When everything seems so perfect we become blindsided when in one instance something so secure falls apart. Every person you meet, every place you go and every situation you experience all has its reason and place in your story. Often history repeats itself until whatever you are facing is dealt with in the right way and you can walk away wiser, humbler and stronger. If it doesn’t work out it just wasn’t meant to be and the chapter you were living has been read. It’s time to read on and embark on a voyage of new possibilities filled with magic and miracles. Your soul mate isn’t necessarily the individual you were destined to spend your life with. They were a teacher here to assist you on your journey of personal growth so that you may propel yourself further and climb higher mountains to success.

### *The Twin Flame*

It was believed in the old ages that when God first created a soul he split it in half so that it could experience and explore spirituality and duality in either essence. The soul was then separated and placed on either ends of the world. They then became two halves to each other’s whole and like magnets they would be drawn to each other no matter how far and wide they were placed. The similarity of their energy always seemed to recognise one another and it was inevitable that in one of their births they would reunite like the ying meeting the yang. When they would meet they would stare into each other’s eyes and see a reflection of themselves.

Twin flame’s share striking similarities in regards to passions, dreams, interests, morals and beliefs and it is as if their minds are connected telepathically. The connection is undeniable between these

two souls and even though they share so much in common their relationships can prove difficult at times as they are so similar. However, due to the unconditional love and bond they share their relationship can stand all tests of time. They will become an ultimate power couple elevating one another whilst keep each other grounded. They believe in one another's dreams and offer support, encouragement and inspiration. Through just being themselves and loving one another they will inspire and humble those who surround them as their authenticity and energy will be infectious.

It is believed that the soul mates we meet along the journey of our lives guide us in the right direction pushing us further towards our twin flame. When a relationship doesn't work out and you learn something from it, smile and be thankful that you are one step closer to meeting your twin flame.

## 6.

# How to Embrace Being an Introvert

**A**re you okay? Why are you so quiet? Have you ever been asked these questions? Introverts observe more than they participate and this can sometimes be misperceived as being arrogant. Often introverts are lost in their own beautiful world. Some of the most celebrated individuals were introverts such as Albert Einstein, Mahatma Gandhi, Abraham Lincoln and J.K. Rowling. There is a beautiful quote by Susan Cain which sum up introverts, *“Solitude matters, and for some people it is the air they breathe.”*

### *The Beauty of Introverts*

1. Introverts embrace solitude as this gives them time to reflect on the meaning of life and all of its philosophies. We love to dive into books whilst gaining knowledge to satisfy our inquisitive hunger and we venture out on adventures alone. Conversations with introverts can often become quite profound and insightful.
2. As we are observers we often sit in silence and pay attention to everything that is revolving around us including all the small things. Our imaginative minds enable us to see opportunities in all circumstances. Where one person may shield themselves from the rain, an introvert will see the rain as a melody inviting them to dance.
3. Communicating with others isn't always easy so we normally take our expressions and emotions to other means. Whether it is through poetry, painting or music, our art is an extension of our soul. The art we create speaks all the words we sometimes struggle to say.
4. As we observe more than we speak, we are excellent listeners which make us good friends and companions. We maintain deep and long relationships.

People can be classified as either introverted or extroverted and sometimes even a bit of both. Each individual is unique and beautiful in their own way. There is no right or wrong way to be and typically introvert and extrovert friendships are the most profound. The extrovert encourages the introvert to do things they may never have done and helps them get out of their comfort zone whereas the introvert encourages the extrovert to view things from a different perspective. Whether you are an introvert or an extrovert, embrace yourself one hundred percent.

## 7.

# How to Pursue Your Dream Job

**W**hat do you want to be? This was a question most commonly asked when we were children. Our imagination was so vast that anything was possible. We visualised and felt what it would be like to be in that situation and it filled us with such joy and excitement. As we enter further into adult life we become moulded by society and we are instructed to conform by all its expectations.

Those dreams we once may have had become compressed and become deemed unrealistic. Ultimately, we settle in life and believe this is the way it has to be. Only we are responsible for our own happiness and life is meant to be loved not just tolerated. We fall into this trap of living a “conveyor belt” life style where everything is a daily routine that lacks fun and fulfilment. Remember that feeling you would get as a child where you jumped up in joy and you couldn’t contain your excitement. You shouldn’t lose this quality just because you’re an adult.

So many youngsters are seeking their calling whilst breaking away from all these expectations society has rained down on us. So many of us have completed painstaking degrees sacrificing blood, sweat and tears only to discover one day that it is not what you want to do. Have no regrets as everything you continue to pursue what they studied and even that is a blessing.

However if you feel it’s time for a change then it’s time to follow your intuition. The first thing to do is to enter the right mind state and be like that child you once were. Believe anything is possible. Begin to invest time in what you love and what you are good at. Every unique being has a definite purpose on this world and the journey is to find that. The more you do of what you love, the more happiness and contentment you will attract in your life. This will not only satisfy you career wise but its positivity will ripple in all aspects of your life. It’s time to fall back in love with life again.

### *Tips for Finding Your Dream Career*

1. What is it that you enjoy most? In today’s generation it is more possible than ever to embark on a career with diverse choices due to our resources and the internet. Forget about the practicality of holding down a job and for one moment think about what you are naturally good at, something which is of second nature to you. Once you follow your dream you will never work a day in your life. The dream won’t be a 9-5 job, it will become your lifestyle and you will jump out of bed knowing that you have value to add in the world and the late nights will become enjoyable fuelled with inspiration.
2. Focus on passion rather than profit. Albeit it, we all need to accumulate money to survive, the passion is the driving force behind those who are successful. Anything which is done with passion becomes a form of art whether it be a janitor being conscious of the way he moves his brush whilst taking pride in the cleanness of his work or a CEO taking pride in his leadership role whilst motivating his team. The more you love what you do, the more success will flow.

3. Do something that adds value to society. Human beings feel most happy and content when they know they are doing service for others. We are all made from the same fabric of nature thus we all experience love, compassion, joy, happiness and empathy. If what you do helps elevate these emotions you contributing work of value in the world. Make your work of value in which it helps for the betterment of our world. If you are an author write to spark inspiration and imagination in your readers which many of us have lost. If you are a coffee shop owner or chef greet every customer with a smile and wish them a beautiful day. At the end of the day provide free hot drinks and meals to those who are less fortunate. Our true mission in life is love and to serve others no matter how small the act may be, it all counts.
4. If you can't find the job, make it. If you have a truly unique dream and you find there is no scope out there to make it reality, take your mission into your own hands. Work on creating your own job and become your own boss.
5. Small victories lead to large victories. Everything happens in small increments so make a plan and take it one step at a time. Even the slightest of progress is still progress. The dream is always followed by an action which often happens naturally when the hunger to want to follow your dreams is real.
6. Ignore naysayers. Most people will tell you to be realistic and practical because they have set their own limits in life. Do not take this personally. Instead set out to inspire others that anything is possible.

## 8.

# Material Wealth Vs Spiritual Wealth

**W**e all have dreams and aspirations of becoming someone meaningful right? We desire for the fast cars, the designer clothes, the big house and the lavish lifestyle. If anything was possible I'm willing to bet that the majority of us would have envisioned this as our perfect life. There is nothing wrong with accumulating material wealth as long as we work honestly, earnestly and hard for it.

When I began my quest to find the true meaning of life and the path to enlightenment I came across many philosophies taught by gurus and sages. There seems to be a vast array of books that take up gargantuan shelves in book shops instructing us how to manifest wealth and abundance. However, there were two philosophies I read about that had the most profound impact on me. The first philosophy was focus on the power of the present moment whereas the second philosophy was focused on envisioning the future. The paradox I faced was whether desiring things in life would hinder my quest for enlightenment.

### *The Power of the Present Moment*

This philosophy places the emphasis on being present in this current moment and not letting the mind veer off into the past or the future. There is and only ever will be now and the more present we become the more our consciousness will expand. We will be able to witness the finite details in creation and merge ourselves with the present moment ultimately becoming the moment. The practice of thoughtless awareness enables us to clear our mind of clutter making space for divine ideas and inspirations. Buddha taught a lesson in which he held a flower in the palm of his hands. His students silently observed with confusion. There was one student who realised what the Buddha was trying to teach and he simply smiled. This student understood that when one slows down his thinking mind he is able to witness the beauty in everything.

### *The Power of Visualisation*

The power of visualisation is the belief that thoughts have the power to directly influence our lives and what we think has the ability to manifest. Our mind is the most powerful tool with the capacity to influence the outcome of events. It emits a frequency which is recognised by a universal receiver and once the exchange has been established the related people, places and scenarios will be placed into your life in correspondence to that thought. The universe does not know right from wrong, all it knows is the thought it is receiving thus if you think negatively it will bring more of that into your life since this is what you are unintentionally asking for without realisation. However, once we become mindful of our thoughts we can manipulate reality in our favour whilst becoming observers of our thoughts. We can now allow only positive thoughts, dreams, aspirations and passions to enter our mind palace. Keeping these visions on a repetitive loop bridges the gap between surreal and real until what we had pictured becomes a physical manifestation. The universe grants whatever you think so become wise with your thoughts.

## *The Present Vs the Future*

After reading both philosophies I realised that there may be a paradox between the two teachings. Where one says visualise your future and make thoughts manifest, the other instructs us to be present and expel thoughts of the future. If we are constantly wanting, how do we ever remain content with what we have. Is it wrong to constantly strive to achieve the next big thing?

If one who is devoted to the spiritual path renounces all materialistic things including living a life of celibacy one day decides to wander into the forest yet is consumed by lust, he is not detached from what he has renounced. Buddha expressed that to end all suffering one should understand that everything is connected and that we should detach ourselves from the materialistic world. The worldly pleasures will only bring us temporary happiness and to place all our happiness in people and things is futile.

It is not wrong to set goals and want to accumulate materialistic prosperity as long as we do not become attached to them. Have you ever witnessed a car accident? The first thing a person will do is open the door in anger and shout "You hit me!" Realistically it was the car that was hit, a piece of metal and machinery. We treat the object as if it is an extension of our body and we reconcile with it profoundly. Once we understand that materialistic objects do not play a part in spiritual enlightenment we will cease to seek happiness in them. The more we focus on being rather than becoming our desire to accumulate material wealth will dissipate as part of the path to enlightenment is to realise that happiness lies in our state of mind. You could be a person of very basic possession yet see the beauty in every day compared to one who swims in a sea of wealth yet still feels a void.

As long as you keep a balance between materialistic wealth and spiritual wealth you will be able to lead a wonderful life. If you strive to achieve material abundance, be cautious that you do not look for happiness within them and be totally content within the present moment. The true happiness you seek comes from within your heart space.

## 9.

# How to Overcome Depression

**D**epression is a catalyst which forces a person to awaken from their “deep rest.” It signifies a state of deep exhaustion that is created by the weight of our false identity. A person can feel empty as if they have lost all their bearings in life and they have become detached from all purpose, merely just surviving through each and every day.

### *Signs of Depression*

1. The act of getting out of bed becomes almost impossible as you question the purpose of waking up which is tied down to a feeling of uselessness and despair.
2. You begin to question the significance and value of your life and whether your loved ones really need you. You begin to visualise whether you would be missed if you were gone.
3. A profound fixation on the past and future begins to repeat itself in every moment as it enables you to avoid the harsh reality of your present life situation.
4. There is an instant loss of interest in life and all the things that were once most important to you. You decide to stay in isolation and you become mute not wanting to speak or interact with anyone.
5. You are in a constant battle with your mind and you feel a sense of drowning. There is a feeling that you are being squashed between walls which are closing in on you.

Ultimately, life is what you make it and the whole life experience is dependent on our mind-set. Commonly, depression forces an individual to reevaluate their life whilst breaking away from the bondage of expectations. At a point where they no longer fear death they realise that they now no longer fear to live. Life is short and precious and rather than making a list of things to do before we die we collate a list of things to do in order to live.

We need to fall in love with our lives again and this involves changing our perspective.

### *How to Combat Depression*

1. Do what makes you happy! The world is your playground so experiment, take risks, face your fears and go on an adventure.
2. Be open to everything whilst exposing yourself to situations you wouldn't normally feel comfortable in. Life begins outside our comfort zone and the moment we step out of it we expose ourselves to new opportunities, people and meaningful coincidences.

3. Write a list of all the things you love to do and try to do them every day. Do more of what you love to do and your destiny will come and find you.
4. Become your true authentic self. Love and embrace yourself 100%. Your imperfections are perfection. Accept and love all your unique abilities including your flaws. Once you learn to love yourself you will become more open to be loved by others and you will be able to love all those who cross your path.
5. Dispel all expectations as expectations cause us to resist life and force us to think about the future. The future has not arrived yet as it will be influenced by the decisions you make now. Be fully present in the NOW and stop expecting things to happen to you. Let them flow through you.
6. Wake up each morning with a grateful heart. Count all your blessings and realise how lucky you truly are. The things you take for granted are the answer to a prayer someone sends out every night.
7. Grab two coloured highlighters, one to represent a positive day and the other to represent a not so positive day. Mark the end of each day with a colour. The more you practice the above the sooner you realise that the days can be marked by both colours. The day may not be so good but because your mind-set has changed you have the ability to stay positive in the worse of circumstances.
8. Trust your intuition. That inner voice you have that whispers to you is your inner guidance system. Submit yourself to it and it will take you to magical places. The mind can elude you but your heart and soul will always speak the truth.
9. Stay balanced. Busy life can often become too much so it is imperative that we ground ourselves whether it be through meditation, hiking in nature, running, yoga or going to the gym. We are spiritual beings experiencing a human life. The body is the residence of an important guest, our soul. The body is our temple thus it is essential we keep it well maintained, clean and habitable.
10. Never bottle your emotions. Sometimes pride and ego takes over us and we feel that we can battle depression alone. Even the strongest of soldiers need to call out for help and to seek help takes courage. Talk to someone and let them know how you are feeling whether it be you feeling upset or happy.

It can feel like we were on a ship with the sails set to such precision, we knew exactly where we were heading. All of a sudden the journey became sporadic as an unseen wind blew our sails far away from where we were heading. The wrong turn can lead us in the right direction.

We must ask ourselves if our situation is a product of our thoughts or are our thoughts a product of our situation. In order to make a change we must change one of these things. Everything you seek is within you. Make your purpose in life to find your purpose. You were not given this life by chance. Acknowledge you have a vital role to play in this universe and without your presence the

whole existence of life would be totally different. You are not a drop in the ocean but you are an ocean in a drop.

No matter how bad it is, or how bad it gets, know that you are going to make it!

## 10.

# How to Deal With Negative Vibes

**S**preading positive vibes stem from being in a nourishing and uplifting environment. Energy, this beautiful, unseen, majestic magical bundle of cosmic joy is artistic at the most when it is directed from the right heart state. However, whilst living in this thing we call life; we often face hurdles that make it almost impossible to maintain any positivity. The root of that problem could be linked directly to our mind-set and perspective of life or it could be the environment and people in which we are placed in or with. A flower can never flourish if the light which encourages it to grow is being blocked.

Simplicity is the key to life. Our lives often become cluttered with unwanted junk which we can choose to clear away at any given moment. It is imperative that you recognise that you have the ultimate power to change and better your life. It's all you; you're the artist of your own canvas. Make a decision of whether the picture you paint is mundane and uninspiring or pick up vibrant colours and splash them all over your canvas filling it with inspiration, love, joy, excitement and hope.

It can often be difficult to deal with negativity as we never asked for the situations in which we are placed. The past is the past and it should be kept there. What matters most is the move you make next as this will determine your tomorrow. We are sometimes placed in situations which drain us leaving us energy depleted. Hanging around these types of places or with these types of people will bring you no inspiration. Eleanor Roosevelt once stated "*Great minds discuss ideas; average minds discuss events; small minds discuss people.*"

### *Why People Can Become Negative and How to Deal With It*

1. Being negative helps them to feel better about themselves. Lost souls cannot see others experience happiness and success as it is something they greatly lack in their lives and they do not know how to attain it. The way they are could be profoundly impacted by their upbringing or surroundings. There are always two sides to a story and theirs always remain untold.
2. Choose to respond instead of reacting. If we create a space of time between what a person has said and the moment in which we are about to react we can think about why they have said what they said. If we smile instead of reacting to their focused efforts to bring us hardship they will become perplexed. They will begin to question how you can still be at peace despite their best efforts to bring you down. It is then that a fire starts burning in their hearts and they will reach to an epiphany that there is more to life and being happy for others is possible.
3. Don't take others negativity personally. In other cases it may be that someone close to you has said the wrong thing or reacted in the wrong way. Acknowledge that there was an

external factor that placed them in that mind state and it has nothing to do with what you have done. Energy ripples and if one person experiences negativity it will spread. Focus on breaking the cycle if it ever approaches you and divert it to positivity.

4. Pull others into your peace. Don't let others bring you down. Pull them into your peace. We are all teachers in this life learning from one another through experiences. Everyone has the capacity to change no matter how far they have fallen into abyss. If you can, extend out your hand and pull them up. Be a light worker and demonstrate that love is life.
5. Choose your crowd wisely. *"Your vibes attracts your tribe."* Be mindful of the crowd you spend time with. Observe the conversations you have, how you feel and if you can partake in them. Those who encourage you to smile, laugh, rejoice and cultivate you to become the best version of yourself are people to keep around. We all have wings and the right people remind us how to fly.

## 11.

# How to Ground Yourself in Nature

**O**ften our mind becomes totally clogged and there is no space left for us to feel. We all live in a society where there is a constant flow of work, thoughts, duties, priorities and stress. Sometimes we all need to find a momentarily release from it all in order to regroup and reevaluate what we are doing and where we are going.

We need that time away to paint a clearer picture of our goals and the condition in which we are living. Life in the 21st century demands our constant attention through some means. Solitude allows you to stop thinking and to start feeling. It encourages you to reconnect with a truer purpose and cleanses your mind, body and spirit whilst elevating your energy. When your brain goes into absolute overdrive you will feel like there has been an anchor placed on your mind slowly dragging you down. Taking a break from that will help alleviate that weight.

Once you have a clearer state of mind the ideas and inspirations will begin to flow. Stress blocks out that channel of creativity and often your mind will need unclogging. Personally I'm a great admirer of nature and when I feel I need a break away from the hustle and bustle of life for a small moment I will venture out into forests or by a lake. There is a saying "*The human spirit needs places where nature has not been rearranged by the hands of man.*"

### *Tips on Grounding Yourself*

1. When you venture into nature pay absolute attention to your surroundings. Observe the leaves and its beautiful colours, listen to the sound of a gently flowing lake, the singing of birds and the whispers of the wind.
2. Explore your surroundings and find new trails, paths and spaces. Become totally immersed and lost in the moment and leave your thinking mind behind.
3. Take a journal with you and invite inspiration into your mind, body and soul. When it enters write it down as a record as you have planted the seeds of an idea.
4. Close your eyes and focus on your breathing. Your breath is your life force and it will bring you back to this present moment should you ever deviate towards the thinking mind.

## 12.

### The Benefits of Meditation

**M**editation is a powerful practice often associated with gurus, yogis and mystics. The practice of meditation fills the body with more prana (energy) which results in more joy, peace and enthusiasm in life. There are many benefits of meditation which have now been proven through various studies.

1. It reduced stress and it has been proven that meditation physically changes your brain giving it the ability to reshape itself.
2. It increases creativity as meditation promotes divergent thinking which allows for new ideas to be generated. It increases awareness and assists in the filtering out of the mental process during creative thinking.
3. It increases focus whilst neuroscience research has proven that 11 hours of meditation causes structural changes in parts of the brain involved in monitoring focus and self-control. After regular periods of meditation one will be able to stay longer on tasks with fewer distractions and switches.
4. It assists in improving relationships. Meditation helps to improve the martial quality and communication within a relationship as it increases mindfulness. It not only assists in martial relationships but with all relationships as you become more comfortable with yourself which enables others to get on with you better whilst you begin to accept yourself and others 100% for who they are.
5. Other benefits include reduced ageing, more appreciation of life, an increased feeling of connectedness, the ability to make yourself and those around you happier, improved functioning of the brain, better night sleep, improved metabolism and weight loss, increased immunity in helping to fight disease and an increased attention span.

At first sitting down for 10-15 in complete silence will feel like a gargantuan task as we are so accustomed to keeping busy doing sometimes useless things. Increase the sitting time in increments as you will naturally become comfortable with the practice. Focus on your breathing and if you're mind wonders do not try and push the thoughts away. Simply be at peace with them silently observing until they pass by.

## 13.

# Death Is Just the Beginning

**W**hat is the best value of time? It's something so precious yet so powerful with the ability to begin or end autonomously. We are all gifted with a certain fraction of it with some who possess more than others. Regardless, whatever time we are given we are here to leave a legacy and make an impact on all those that we meet. It has become such a social norm to suffer from amnesia ultimately forgetting where the true value of life lies. We exist in a society where there is a race to accumulate the largest mountains of material possessions. We live to gain a small piece of paper that could be burnt to ashes within seconds yet it has the power to control our lives.

Let me emphasise that once our time is up in this thing we call life, those material possessions will not accompany you. Buddha once stated *"The problem is you think you have time."* It is forever ticking stopping for no one and nothing. It is imperative that we remember who we are and the power we hold as spiritual beings accommodating this physical vessel. We understand that the body is a physical machine that maneuvers us through this worldly life. When we closely observe the nature of our very being it has been proven that we exist as tiny particles of energy moving at supernatural speed thus we are energy and vibration! Energy has no beginning nor an end and it is connected with everything and everyone. The very essence of our being is unity which is the biggest lesson that we as humankind are yet to learn.

We create oceans of segregation, differentiation and judgement amongst one another. Acknowledge that you are vast and timeless and although the physical body will one day meet its end, the soul will live on. The true essence of life is to experience love in bountiful amounts. Do everything which feeds and pleases your soul and make this your life goal. Ultimately, life is created from moments of happiness, laughter, peace and joy. If you were to look at a movie of your life projected on a white canvas will you like what you see? You are the director of your own life story.

The funny thing is when our time comes and it will come, we will be remembered by the energy we emanated through our smiles and interactions with other kindred souls. When we reminisce about an individual the first picture that appears in our minds are the memories that were shared. Your aura defines your persona. If you are remembered as a person who reveled in helping others, turned frowns upside down, filled empty rooms with laughter and looked at the beauty in everything then my friend I must say you have lived quite a life.

It is a very difficult time of turmoil, pain and numbness when we lose such people as they contributed so much to so many souls. When that soul leaves its vessel all those who it touched are left with only remnants of those beautiful times. Albeit it, we know that they are in a better place we are still left to deal with the hardship of knowing that those hellos and goodbyes will never be experienced ever again. Those deep conversations, laughter, joys, disagreements, hugs and kisses are now long gone. However, if it's true that the soul is energy and it has no end it will only ever be transferred. Whatever the next stage of its journey is will always be unknown to us but we must have faith that wherever it goes will be a place of such beauty. If energy is truly connected it means that their energy will always be connected to you thus they are part of you and as long as you keep breathing you will keep their essence alive.

It is often in times like this that we are forced to reevaluate our own lives with the epiphany of how precious life is and how quickly it can be taken away. The average life spans 960 months or 29,000 days. We must make every second, minute, hour, day, month and year count. All that holds us back from experiencing peace and love should be relinquished and replaced with nothing but goodness. Laugh, love, live and forgive. Make your story a beautiful one so that when it's time you will be able to smile at the wonderful life you lived and the beautiful souls you touched.