

HIGHER-SELF
HARMONY



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Introduction

There are moments when we look back on our lives, and review the decisions we've made. Some are wonderful, some disastrous. Some are minuscule, and some are eternally pivotal. I find myself reflecting often because I truly believe our life is the culmination of our decisions. We make choices every moment—whether to be honest, take a chance, give in to an impulse, take a break, or give a hug.

Throughout my years of working with people, I've noticed times when we want to make a decision that's right for us, but some illogical action stands in the way. For example, "I want to lose weight but can't convince myself to exercise." Or, "when I do convince myself, I struggle to follow through and don't understand why." On the other hand, there are times when it feels like we've fallen into situations designed for us, as if something is working behind the scenes the whole time!

I spent a large portion of my early life feeling I wasn't good enough, pretty enough, funny enough, or lucky enough to have the life I wanted. I didn't grow up with money, and it seemed to elude me. I missed opportunities, and my self-love and standards were low. I avoided challenges and engaged in self-sabotage by either not positioning myself for opportunities or experiencing epic failures when I did get them. Consequently, I figured my life would just suck—that's all that was in the cards for me. One day, after a particularly low series of thoughts, I found myself ready to take my life. The reasoning was silly but felt real then. Looking back, I was young, dumb, and thought I was in love. That love ripped my heart into pieces. Sitting in the bathtub, ready to check out of life, I made my first truly pivotal decision. Am I really going to do this? What happens if I do? The horrifying answer was, "MOM IS GOING TO FIND ME AND IT IS GOING TO RUIN HER FOREVER!" I put down the gun and had a real conversation with myself. It went something like this: "This life sucks, and I want a good life that I enjoy! I refuse to live a life I don't enjoy! I won't be unhealthy, broke, or basic. I REFUSE!!!!" So, the mission now is to figure out how to enjoy this life. How do I fix what is broken? GOD, I NEED HELP. If I can't find the answer, I'm leaving, PERIOD!"

Little did I know, the answer was on its way. The process began to lead me to the information I share in this book. There's a saying in boot camp (yes, I was in the Navy for a hot second): "We break you down to build you back up!" That's exactly what happened to me. But it wasn't the military—it was my higher self! It began to lead down a path of healing and destiny. This path was later revealed to me as "The Path of the Rose."

What is the "Path of the Rose"? It is an ever-unfolding path, the budding of your divine nature and embodiment of your ancient wisdom, beauty, genius, genetics, power, and purpose. It is the path walked by impactful sages, gurus, and leaders. It is a road glazed with the grace of the Divine Mother and the Feminine Principle, forged by the power and clarity of the Pure Consciousness of the Father aka the Masculine Principle. You see, when we talk about "walking a path," it often implies moving from here to there. But on the path of the rose, we go from there to here, returning to ourselves, walking a spiral staircase. It is not linear but a spiral, and your decisions dictate whether you spiral up, down, in, or out. Fortunately, there are tools that help us navigate this walk step by step and that information is housed in the harmony you have with your higher self. In my case, this path and using the perspectives in this book led me to the beautiful philosophy of Tantric Shamanism. On its face, the name seems strange but in actuality, it is a key for bringing together different aspects of self and life while understanding how that translates to the whole. It is an ancient practice that is coming back to the surface and apparently, I am one of the people who are supposed to help the world remember these truths.

Hence, the book you now find yourself reading. This book introduces the Path of the Rose to a specific audience who needs it now more than ever. The path takes everyone somewhere different. If you find yourself reading this, it is no accident. Please believe me when I tell you this! Actually, don't believe me. Try it yourself and then tell me what you've come to know. You may be extremely surprised by the outcome. I am not writing this to convince anyone of anything. It is simply time to share what has been destined to flow through me. I may repeat some things but bear with me because this is not a linear conversation. Also, many of the concepts may not be new to you but the way it comes together may be.

So, with an open heart and free mind, I submit to you: "HIGHER-SELF HARMONY".

THE PURPOSE OF THIS BOOK

This book is here to introduce you to the core ideas of Higher-Self Harmony through the principles of H.E.T.E.P.. It offers you a way of approaching the world that puts your power back in your hands. We'll look at each pillar of H.E.T.E.P.

We'll explore how the ancient practices of Tantra and Shamanism can come together to create a balanced, harmonious life.

Things to keep in mind:

- 1. This is not a linear conversation:** I may repeat myself a few times but that is to emphasize a point. I am simplistically writing this because I desire to make it easy to understand and to show how practical it is to have a command of your energy and power.
- 2. Practical Application:** This is not a "how to do" book, it is a "how to think" book.
- 3. Reflect and Journal:** Use a journal to note your reflections and insights. This will deepen your understanding and personal growth.
- 4. Apply Gradually:** Start integrating the perspectives into your daily routine. Small, consistent steps lead to lasting change.

If you want to continue your journey, consider taking a class, booking a private session, or joining the membership. Visit my website at www.adamoselle.com for more information and resources.

OUR TANTRIC ROOTS

Historical Background of Tantra

Tantra is one of those subjects that, no matter how much is written on it, there remains tons to be addressed. It is a limitless system designed for us to know ourselves in a true way. It asks us to relinquish our conditioned thoughts about ourselves for the journey of self-exploration in search of truth. It is an opportunity to learn the Divine through ourselves and use the human experience as a road to ascension or oneness. It is the path of least repression and ultimate responsibility. The more we are willing to lean into these aspects, the more power is released to us to use as we see fit.

WHAT IS TANTRA?

Tantra has many definitions, but two seem to be the most fitting for the topic at hand. The first is, "Tantra means to weave or to loom," and the second is, "Tantra is a method of expansion and is made by combining the two words tattva and mantra." When we look at the first definition, we see that the purpose of tantra is to weave, loom, or braid things together. This means taking seemingly unconnected things and bringing them together in a harmonious way. Once they are harmonized, we have a quality tool to apply to whatever our goals happen to be.

According to the second definition, tantra is a method of expanding what we already have and are already doing. Tattva is a Sanskrit word that means "principle" or "reality," mostly associated with high consciousness or cosmic principles. According to various Indian schools of philosophy, tattvas are the elements or aspects of reality that constitute human experience.

The Role of Consciousness

Tantra is a tool that we can use to help us make sense of our subjective human experiences by understanding and properly interfacing with the elements that create that experience. All of this is driven by our consciousness. We are in ever-changing times. We have come to a point in human history where we are advancing so rapidly that we can no longer afford to misuse, misunderstand, or dismiss the role of consciousness in the attainment of a quality life. The amazing thing is that the science world has admitted that they know very little about consciousness, and it is extremely hard to measure, document, and explore. Because of this, they are now beginning to look back at ancient texts for reference and guidance on how to approach this inner

world of consciousness. The Tantric texts of India are some of the most vast writings on inner reality that we have on record. When paired with the ancient writings of the Taoists and Buddhists, we begin to realize how much useful information there truly is.

Traditional Tantra

Traditional Tantra is an ancient spiritual practice that originated in the Indian subcontinent, dating back thousands of years. Often misunderstood as solely a form of sacred sexuality, Tantra encompasses a profound philosophy and spiritual path that seeks to unify the individual with the divine, fostering a harmonious connection with the universe. At its core, Tantra is about embracing the interplay between the physical and spiritual realms, recognizing the inherent divinity in all aspects of existence. Although the term tantra is specific to India, it is used by others outside of the culture because the history of other cultures and their terms and similar practices are lesser known.

Neo-Tantra

Neo-tantra, also known as modern tantra, is a contemporary interpretation of the ancient tantric traditions. This spiritual practice combines elements of traditional tantric teachings with modern psychological and therapeutic approaches to foster personal growth, intimacy, and self-discovery. In recent years, neo-tantra has gained popularity as individuals seek alternative paths to connect with themselves and others on a deeper level.

By embracing the principles and practices of tantra, individuals can experience a profound transformation that extends far beyond their sexual experiences. One significant benefit of tantra practice is the potential for improved intimacy and communication in relationships. Through the exploration of tantra, practitioners are encouraged to develop a deeper understanding of their desires, boundaries, and emotions, which in turn leads to increased self-awareness and empathy towards their partners. This heightened level of understanding allows for more authentic and fulfilling connections, fostering stronger bonds built on trust, respect, and open communication. By integrating the physical and spiritual aspects of their being, individuals can access untapped inner resources, release blockages, and heal past traumas. This self-exploration and healing journey can lead to increased self-confidence, self-acceptance, and a greater sense of wholeness.

SUMMARY

Tantra is the science and art of harmony. It is the study of the cultivation of life force energy and alchemy. When we apply it to any area of our life, we are sure to

benefit. If you are studying any system that studies any principle of reality, YOU ARE ALREADY PRACTICING TANTRA! Is your next step to expand or weave?

By understanding and integrating the principles of both traditional and neo-tantra, we can navigate our modern lives with ancient wisdom, fostering personal growth, deeper connections, and overall well-being.

OUR SHAMANIC NATURE

If I had to choose one philosophy that most cultures have in common, it would most certainly have to be Shamanism. It is not a religion or spiritual belief as much as it is a common-sense way to interface with the world around us. Shamanism seems strange to people who have yet to discover the existence of other worlds or non-human consciousness. But to our ancient ancestors, the existence of other worlds and consciousnesses was just as commonly understood as the existence of plants or water. And knowing how to relate to those worlds was key to their survival.

Shamanism has roots that stretch back tens of thousands of years, with evidence of shamanic practices found in prehistoric cave paintings and ancient artifacts. These early shamans acted as intermediaries between the human world and the spirit world, guiding their communities through rituals, healing practices, and spiritual journeys. The only thing that has changed is that most modern people have forgotten this importance. What has stayed the same is that it is still key to our survival! Outside of religion, there is very little conversation about it. Somehow we have accepted the belief that things are always as they seem. While this may be true, it would be more true if we were able to broaden our perspectives to include these other worlds and consciousnesses.

Shamanism is a global phenomenon, found in cultures from Siberia to the Amazon, from Africa to the Arctic. Each region has its own unique practices and traditions, yet there are common threads that bind them all together. For instance, Siberian shamans are known for their use of drums and chanting to enter trance states. These trance states allow them to journey to other realms, seeking guidance, wisdom, and healing from spirits and ancestors. The goals of these shamans often include diagnosing and curing illnesses, resolving community conflicts, and gaining insights into future events. Amazonian shamans use plant medicines like Ayahuasca to connect with the spirit world, entering deeply profound trance states to understand the root causes of physical and psychological ailments and to receive guidance on appropriate healing methods. African shamans, or Sangomas, believe that the rhythmic beating of drums creates a powerful energy that resonates with the earth and the spirit world. This rhythm helps them enter trance states, facilitating communication with ancestors and spirits. Through these trances, they receive messages and guidance from their ancestors, with goals such as healing the sick, ensuring community harmony, and maintaining a balance between the living and the dead. Arctic shamans, such as the Inuit Angakoks, navigate the harsh landscapes by invoking the spirits of animals and nature, entering trance states to gain knowledge about weather patterns, hunting grounds, and the

movements of game animals, ultimately ensuring the survival and prosperity of their communities.

Shamans typically undergo rigorous training, often starting from a young age. This training can include apprenticeships under experienced shamans, where they learn various techniques such as entering trance states, healing practices, herbal medicine, and divination. They are also trained to communicate with spirits and ancestors, interpret dreams, and understand the natural world. This extensive training ensures that shamans are well-equipped to serve their communities, acting as healers, spiritual guides, and intermediaries between the human and spirit worlds.

That is why the word "Shaman" means "one who knows". They were often seen as the wisdom keepers, spiritual liaisons, and counselors of the community. And yes, lower human nature has caused some people who wear the title of shaman to do some underhanded things. They took advantage and abused people. But that issue belongs to that human. So let's not throw the baby out with the bathwater.

Shamanism is simply living a life where you are aware of the cosmic principles of reality and that they are required to work together. It is not about serving hallucinogenic plant medicine or playing the pan flute. It's about reading between the lines! Looking beyond matter into the mind that is creating that matter, the purpose of it, the form of it, the understanding and proper use of the matter. This is why shamans are so connected to sustainability, to healing, to nature, to their hearts.

Shamans understand the interconnectedness of all life and the importance of maintaining balance and harmony within oneself and the environment. They are often skilled herbalists, using their knowledge of plants for healing. They also possess a deep understanding of the cycles of nature and the cosmos, aligning their practices with lunar and solar rhythms.

All you need to know is Mind, Matter, Purpose, Form, Understanding & Proper Use!

HOW DO THESE WORK TOGETHER?

Modern Interpretations and Adaptations

Traditionally, the teachings of Tantra and Shamanism were closely guarded. Thanks to numerous brave souls who answered the call of spirit against the wishes of many in their communities, the average person can now access these teachings. This information can no longer stay in the ashrams and temples. The world needs it. Personally, if it wasn't for people sharing their experiences and secret teachings with me, I may have never realized that I have the gifts that I do. Instead of letting them control me or wreak havoc on my psyche, I was introduced to Tantra and Shamanism as a way to manage and optimize my energy, change my thought patterns, and make sense of the energy I'm feeling and the things I am seeing. Now, as I have firmly stepped into the teacher role, one of the biggest results that people experience is Self-Understanding and Acceptance! Realizing they were never crazy or ill. When people have real experiences with their higher-self and discover their gifted lineage, it brings a healing that can't be put into words. To have a place to exist is priceless. Tantra and Shamanism can help us find those places. These ancient practices, when integrated, offer profound tools for achieving Higher-Self Harmony—a state of balance, inner peace, and connectedness with oneself and the universe.

Why Tantra and Shamanism?

Tantra and Shamanism, when combined, create a holistic system that addresses the physical, mental, emotional, and spiritual aspects of our being. Here's why I believe they are the best tools for achieving Higher-Self Harmony:

1. Holistic Healing and Integration:

- Tantra: Focuses on the integration of physical and spiritual energies, emphasizing the balance of the chakras, mindful sexuality, and the expansion of consciousness. It teaches us to honor and utilize our life force energy in ways that promote overall well-being and spiritual growth.

- Shamanism: Offers tools for deep healing and connection with the natural world. Through practices like shamanic journeying, energy healing, and communication with spirit guides, shamanism helps us uncover and heal emotional wounds, align with our true purpose, and foster a deeper connection to the world around us.

2. Connection with the Self and the Universe

- Tantra: Encourages us to explore and embrace our inner world, fostering self-awareness and self-love. It helps us understand the interconnectedness of all life, leading to a greater sense of unity and harmony.
- Shamanism: Teaches us to read between the lines of reality, looking beyond the material world to understand the deeper spiritual truths. It provides a framework for connecting with higher realms of consciousness, accessing wisdom from the spirit world, and integrating these insights into our daily lives.

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3. Practical Techniques for Daily Life

- Tantra: Offers practical techniques such as abundance as a perspective, breathwork, meditation, and mindful movement to enhance our energy flow and bring balance to our daily lives. These practices promote mental clarity, emotional stability, and physical vitality.
- Shamanism: Provides rituals and ceremonies that ground us in the present moment and connect us with the natural rhythms of life. Techniques like drumming, chanting, and nature walks help us stay centered, reduce stress, and cultivate a sense of inner peace.

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4. Transformational Journeys

- Tantra: Facilitates transformational journeys through practices that open us to higher states of consciousness and spiritual experiences. These journeys help us release limiting beliefs, heal past traumas, and step into our true potential.
- Shamanism: Guides us on journeys to other realms, where we can meet spirit guides, retrieve lost soul parts, and gain profound insights about our life path. These journeys are not just healing but also empowering, helping us reclaim our personal power and purpose.

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Integrating Tantra and Shamanism: The Path to Higher-Self Harmony

By integrating the principles and practices of Tantra and Shamanism, we create a comprehensive system for achieving Higher-Self Harmony. This integrated approach allows us to:

- Balance our physical and spiritual energies, leading to a harmonious and vibrant life.
- Heal deeply on all levels—mental, emotional, and spiritual—unlocking our full potential.
- Foster a profound connection with ourselves, others, and the universe, enhancing our sense of unity and oneness.
- Access practical tools and techniques that support our daily well-being and long-term growth.

WHAT IS “HIGHER-SELF” HARMONY?

"Higher-Self" harmony is the smooth, clear, and frequent communication between your waking conscious self and your subconscious supermind. In spiritual communities, this would be considered your divine self. In metaphysical terms, it would be the aspect of us that resides in multiple dimensions simultaneously. There are many stories of how the world came into existence but one thing that most of them have in common is that there was some great consciousness that gave a piece of itself to mankind. And it is that piece that gives us life. But it is not just life that was given but intelligence! There are laws that this universe operates by. There are mathematical representations such as the golden ratio that things naturally adhere to. There is some sort of design in every facet of our world and that signifies intelligence. Intelligence is built into the system. The human body knows how to make another human without any conscious effort. The resources and BLUEPRINT are there before we are ever formed. Now if there is a blueprint for our body, then it stands to reason that there is also a blueprint for the unfolding of our lives just like there is an unfolding of the seasons. The spring gives us new life and that carries us into the summer. Things come to their fullness in the fall and wither away in the winter. And the more we understand and know how to maximize these seasons or steps unfolding, the more prepared, efficient, and comfortable we can be. Same with our energy, the same with our lives. The higher self is the collective portions of "you" that hold the "code" to your personal "unfoldment".

Let's take the popular perspective that we are in a simulation and this whole thing is just a game. Let's also imagine that we created the game. This means we came up with the concept, theme, and storyline, the characters, the obstacles, and the ways to beat it. You know what the end game is. Now let's take it a step further and now you have created a character for yourself so you can test this game out. Of course, the character does not know the fact that they are in the game. But you the creator have not forgotten. In fact, you are enjoying the challenge of getting your character to each progressive stage. Now to the character, everything is extremely real. Their energy gets low, it takes some punches, and has to figure things out. But you as the player/creator are aware of "power packs", "fighting combos", cheat codes, etc. I hope you understand what I am trying to point out. Imagine if the character in the game tried to accomplish all of this without the direction of the player/creator. The character WOULDN'T EVEN

MOVE!!!! Let alone have any chance of success in beating the game. That is exactly the same relationship you have with your higher self.

There are many layers to this thing we are calling the higher self and the closer the layers get to your regular conscious mind and physical body, the less connection they have with the originating body. Think of it as a waterfall. Supreme consciousness is falling over the edge and the closer it gets to the pool at the bottom, the more the water separates. If we apply this metaphor to ourselves, we can call it a forgetting. Forgetting that we were ever connected, how we were connected, and how to reconnect. Matter of fact, this is supposed to be the goal of religion. The word comes from the Latin word "religio" derived from "Religare," which means "to bind fast" or "to bind together". The Hindu word "yoga" means "To yoke, unite or union". There are also terms like moksha, which means liberation from the cycle of birth and rebirth (samsara) and uniting with the divine consciousness, Brahman. In Christianity, the idea of unity with the divine is often expressed as communion with God. This is achieved through faith in Jesus Christ, who is seen as the bridge between humanity and God. In Islam, the concept of Tawhid refers to the oneness of God (Allah) and the unity of creation under His sovereignty. In Judaism, D'vekut is the concept of cleaving to or being in a close relationship with God. In Taoism, the goal is to achieve Wu Wei (effortless action) and align oneself with the natural flow of the Tao which is the absolute principle underlying the universe. Many Native American traditions focus on the idea of oneness with nature and the Great Spirit. In Sufism, the mystical branch of Islam seeks Fana (annihilation) in God, where the individual ego dissolves, and one experiences unity with the divine. In Sikhism, the goal is to achieve union with Waheguru (the Wonderful Teacher). In many African traditional religions, the goal is to achieve harmony with the spirit world, including ancestors and deities. The unity with the divine and ancestral spirits ensures the well-being of individuals and the community. I think you get my point.

This connection with the divine is a pervasive concept that all of our ancestors knew around the globe. We know it today. We feel it and desire it. If you are reading this book, there is some part of you that is interested in what "higher-self" harmony would look like in your life. I think that is reason enough to pursue it. So let's talk about how to do just that. The first thing for us to do is to tackle the concept of energy and life force.

ENERGY & LIFE-FORCE

If you have a high school education, then you have probably been introduced to the idea that everything is energy. Energy is the capacity to do work or produce change. And I'm sure you are aware that there are different kinds of energy such as thermodynamic, electrical, chemical, kinetic, and potential to name a few. The first law of thermodynamics says that energy cannot be created or destroyed; it can only be transformed from one form to another, right? It also says that internal energy encompasses all the energy contained within the system, including kinetic and potential energy at the molecular level. Let's look a little closer at the term internal energy. It is the total energy contained within a system due to the kinetic and potential energies of its molecules and atoms. It encompasses all forms of microscopic energy within the system, including:

1. Kinetic Energy:

- Translational Kinetic Energy: The energy due to the motion of molecules moving from one place to another.
- Rotational Kinetic Energy: The energy due to the rotation of molecules around their center of mass.
- Vibrational Kinetic Energy: The energy due to the vibrations of atoms within molecules.

2. Potential Energy:

- Intermolecular Forces: The energy associated with the forces between molecules, such as van der Waals forces, hydrogen bonds, and dipole-dipole interactions.
- Intramolecular Forces: The energy associated with the forces within molecules, such as chemical bonds. (We're going to come back to this one later!)

3. Electronic Energy:

- The energy is due to the arrangement and motion of electrons within atoms and molecules.

4. Nuclear Energy:

- The energy is stored in the nuclei of atoms.

Now we have that basic understanding, let's review some other basic definitions that will be helpful throughout this book:

- Work is a transfer of energy, so when work is done on an object, its energy changes.
- Power is the rate at which work is done or energy is transferred. It measures how quickly energy is being used or converted/transformed.
- Force is any interaction that, when unopposed, changes the motion of an object. Work is done when a force moves an object over a distance. The work done (W) is the product of the force.

So it goes like this...Force can change an object's kinetic or potential energy. When a force acts on an object and moves it, work is done and that work is transferring energy to the object. Power quantifies how quickly this work is done or how fast energy is transferred. Got it? Alright, let's go!

I had to set that baseline for us to have the next conversation about LIFE-FORCE ENERGY! Most times when life-force energy is spoken of it is in more mystical tones, which I love. But it is my desire to bring this thing all the way down to earth so you can easily apply the concepts with working confidence. LIFE-FORCE ENERGY, which I will refer to in capital letters because it is that important, is the literal driver of life. Also known as kundalini, qi, prana, animus, or sekhem. The act of living is work and just like our 6th-grade science review we were just reminded that force makes work happen. And in this case, that force is LIFE-FORCE ENERGY and it is causing life to happen within and around you. It is the spark that causes the electricity to power our organs. The energy we get from sleep and food is transferred to our organs and they in turn operate for us without our supervision, the better they work, the better we are able to operate in the world at large. But just like our brain capacity, we are only using a small fraction of the internal energy that we have access to.

Where is all of this energy that I am referring to? It's in the system! Which system? All of them. Let me explain. Inside of our bodies, we have several different systems operating simultaneously, but we also have a non-physical system. This is called your subtle energy body also known as your human biofield, aura, or pranamaya kosha. Within this subtle-energy body are a ton of systems. Some of them correspond to your emotions and mind while others correspond with your ability to intake energy from the world around you. Some are on a macroscopic level and others on the micro. It is an extremely intricate web of interconnecting energetic pathways. The most known partial map of this system is the meridian system laid out in Hindu and Chinese texts. This is where the concepts of chakras, meridians, and nadis come into play. When you bring it out to the macro of the world we begin to see ley lines and electro-magnetic grids upon the earth as well as unexplainable movements of birds and fish in a hive mind as if they are picking up on a world that we humans have lost access to. All of these grids, ley lines, and meridians (ley lines of the body) are all systems. And within them lies energy! Infinite energy. If we can find the power to destroy the earth with a nuclear holocaust in the bonds of atoms on a microscopic scale. We should also be able to find the power to heal ourselves and the world around us within the same system.

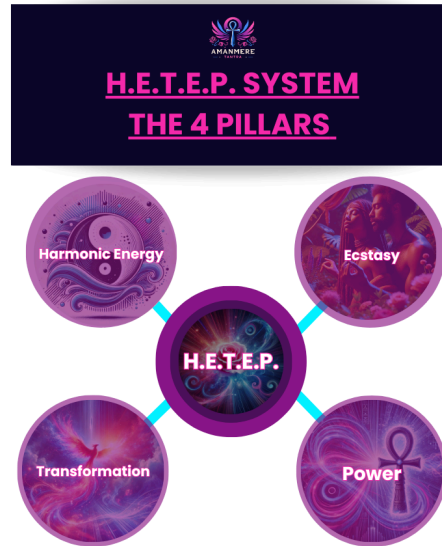
Let's see if we can hack this thing...

The doorway to access this power is our consciousness. What is that even? Honestly, science is still trying to agree. At first, it was written off as nothing of importance but now more classical scientists are starting to investigate to get more information on this thing we call consciousness. For our conversation, we will use the definition "consciousness is the fact of awareness by the mind of itself and the world". We have to be aware of ourselves on as many levels as possible. The way we do that is through meditation. But not because of meditation. We use meditation as an opportunity to watch ourselves. We have to practice the art of watching ourselves. Watching our thoughts and their sources. Watching our feelings and their sources and digging deep enough to get to the root source. Watching our weaknesses and our strengths. "But meditation is hard and I can't stop my mind". Valid. Luckily, that is not what I am asking you to do. I'm not even asking you to meditate, I'm asking you to watch yourself like you are observing an animal in the wild, studying its habits. Just stop right now and watch what you are thinking. What are you feeling? Can you feel your heartbeat? What taste is in your mouth? Are you sitting, laying or standing evenly? Are your shoulders up by your ears or are you slumped with your neck crooked? Just check in for a second. I bet you will find something about your posture that you could correct right now that would help your body if you were to become regularly AWARE of it. This simple ability to watch, once expanded, can easily turn into you knowing when an illness is beginning or when a

situation is triggering your subconscious alarm bells to "get the heck out of there!" The only time some of us check in with ourselves is when we are in pain. And that is a shame. This is just one example of the internal senses that we have. I am not talking about the regular 5 senses or the more esoteric "sixth" sense. I am talking about a regular human capacity to know what is happening to them. It is with this capacity that our ancestors were also able to find cures.

Back to this consciousness thing. There is a common saying that says that "energy goes where attention flows". This has become a proven scientific fact thanks to "experiments like the quantum Zeno effect." And where we want to put our attention is on the principles of H.E.T.E.P.

UNDERSTANDING H.E.T.E.P.



In ancient Egyptian culture, the concept of "Hetep" (also spelled "Htp") is a multifaceted term that broadly means "peace," "satisfaction," "contentment," and "offering." In this case, H.E.T.E.P. is an acronym that stands for harmonizing energy, transformation, ecstasy, and power. These pillars are in no specific order. They go together similar to the way work, energy, and force go together. Harmonizing energy is a process and a state of coherence. That coherence can create ecstasy, power, and transformation. Ecstasy can help harmonize energy and that will also create increased ecstasy, power, and transformation. By transforming our thoughts and where we put our consciousness, we can harmonize our energy, create more pleasure in our lives, and transform it into something more beautiful than we ever thought possible. This is a dynamic wheel and not a linear viewpoint. It is from the perspective of the spiral and the golden ratio (1.618). It is the path of unfolding in a way that creates more beauty and purpose in our lives. These are the 4 pillars needed to walk the "path of the rose".

In the next sections of this book, we will look at each of the pillars and how to use them to create "higher-self harmony".

HARMONIC ENERGY

According to Webster's dictionary, "harmony is a state of balance, coherence, and agreement where different elements or parts work together in a pleasing and orderly manner." This definition is powerful in a number of ways. Each of these attributes speaks to the nature of the relationship. Balance refers to stability through equilibrium of proper proportions meaning "the right amount". Coherence refers to being logically consistent and in order. And agreement referring to synergy, integration, and alignment. But what is most interesting to me is the fact they are working together pleasingly. Why is "pleasing" part of the equation?

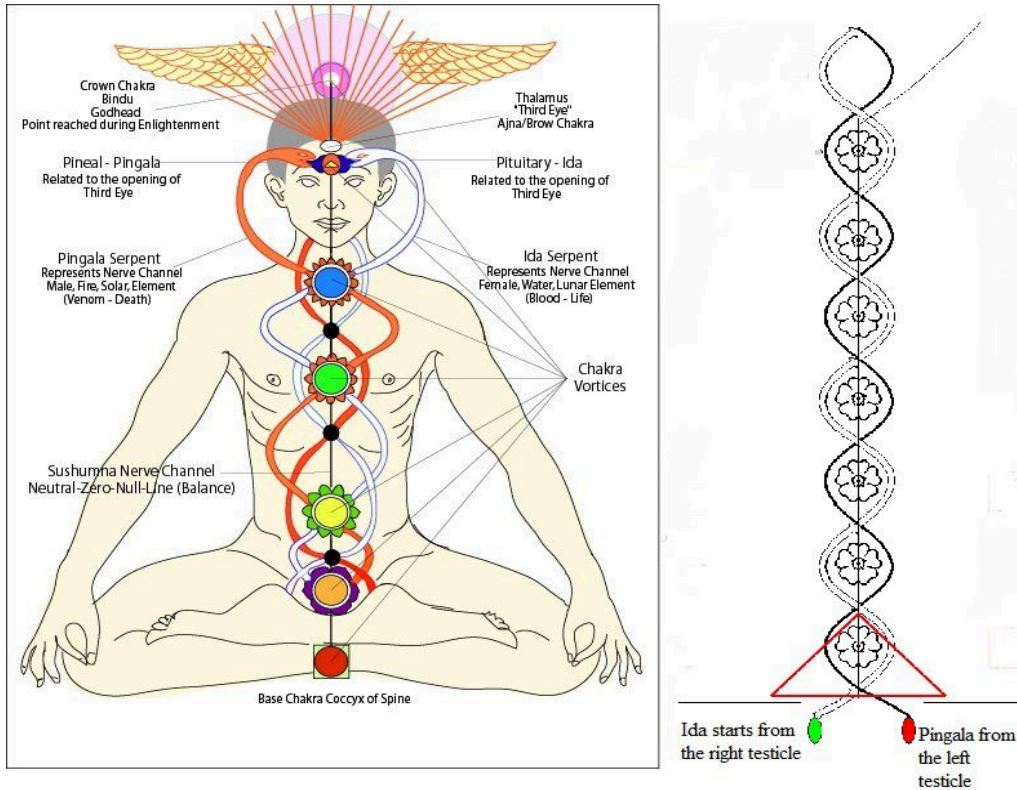
Harmonic energy refers to the fact that for us to have a pleasant experience in this world, we have to learn how to take two seemingly unrelated objects, perspectives, feelings, or elements and get them to work together in our favor. It starts with a perspective that says "I want to have a positive relationship with the world around me and inside of me". It is a perspective that says "I want to leave things better than how I found them". If we start there we are greatly improving our chances for success. Of course, every situation can't be harmonious and is not designed to be. We learn through contrast and, quite honestly, drama has its place. But if we can have more harmoniously pleasant experiences than not, then our life will overall be a harmonious one. Now this brings up a sticky topic that a lot of people would not admit. And that is that they are attracted to negative things more than positive harmonious ones. If you are reading this and the concept of harmony sounds boring to you, then you are definitely one of those people. And that is not an insult in any way. Instead, I believe that it means that you have not had the pleasure of true harmony. Not that of the hippies but that of nature.

You may have heard that most of this universe is empty space. But I would like to challenge that and offer that it is not empty space. It is full of attraction. Attraction is a natural force that plays out in different ways such as the attraction between charged particles that come together to make the molecules of all things, or that the earth attracts objects to its center and we recognize it as weight. It shows up in chemical, physical, biological and psychological ways. Attraction is the force that draws things together. And as we said earlier force makes work happen and work transfers energy. So when things are attracted and come together, a certain amount of energy is created. Every time we are able to make a harmonious connection we are creating a source of energy that can be used for something. And with a harmonious perspective, we are setting our consciousness in search of situations and opportunities that complement us and bring us more power. On a personal level for example, when we balance our need to splurge and be luxurious with the need to be frugal, we then get a balanced mind that

can treat ourselves and be fiscally wise. That then opens up more opportunities for them to grow their wealth while engaging in well-planned play. They literally get the best of both worlds! It is guiltless, in fact, it is empowering versus being the person who can't afford it but is pretending like they can. The inner guilt and shame that comes with that lack of inner and outer harmony are disastrous. I am using this very simple example because I want you to see the practicality of this. The goal of this book is not to show off my intellect, it is to help you understand. Just think about the vast difference in the lives of people who are able to manage their finances and those who cannot. And this brings me to another hotpoint that cannot be neglected. And that is the abundance vs. scarcity mindset.

This was introduced to me by the teacher I spent most time with, Master Yao Morris. And when I first heard it I thought I understood what he was telling me but as I watched it play over the years, I have seen the gravity of this wisdom. I am not a "conspiracy theorist" because if things are facts, they are not theories. And the fact is that there has been a pervasive message throughout so many communities that "there is not enough to go around." And from that perspective, the ills of society have arisen. I studied economics at Spelman College and I remember hearing the definition of economics for the first time to this day. Economics is the study of the allocation of scarce resources. Just think about that for a second. The whole premise of how countries work is based on the belief of scarce resources. "Scarce" means something that is in limited supply and not readily available to meet the demand. But the resources they claim are scarce really aren't. Land is not scarce. No, they are not making any more of it but there is so much of it, humans haven't even seen it all! Water is not scarce, it works on a revolving cycle called condensation and evaporation. Food is not scarce. What humans do to the land and to people with wars, regulations and everything else makes food scarce. I think about the fact that I have an all-powerful governing body called a "Homeowners Association" that will fine me for not poisoning and killing nutritious herbs in my yard for the sake of aesthetics. That same poison then ends up in the water supply and in the earth damaging the insects and other life that keeps the soil fertile. That's not scarcity, that is abuse! The earth is abundant. It is its nature to be so. And yes environments change and all of that, but that's why people migrated because there was enough land for them to survive. It's an illusion. And the same illusion is given to us when we talk about love and opportunities. This concept of "not enough" is a major basis of suffering. It is the basis of greed and power struggles. It is the vibration of chaos. If it was the vibration of abundance then it would be "conservation and multiplication of resources", not "scarcity". Some people say "These people have all of the power and I have none"...that is also an illusion. You just never knew how to find it and it is "whoever's" goal to keep you in a place of chaos so you never find it. But let me tell you ladies and gentlemen, the first key is harmony!

This is an image of kundalini energy rising up the Sushumna nadi which is your central energy channel.



You will notice two serpents, one red and the other white, weaving in and out until they meet in the brow area. These snakes intertwine six times and then there is an opening in the top of the head also known as the crown. As I said, some of this information will not be new to some of you but the perspective might be. This is an ancient depiction of how energy flows through the body and they got it very right. You may be tempted to pay attention to the colorful flowers known as chakras in the middle of the interweaving areas. But I want you to pay attention to the dots. The red dot at the base is our first crossing, then there are three black dots, and the next is hidden under the chin. The next crossing is at the brow where the two serpents meet each other. That meeting creates a funnel of energy and openness. Now let's take this into the current century. Thanks to brilliant minds like physicist Dan Winter, we have come to know that crossing is an occurrence called "phase conjugation". Instead of serpents, let's think of them as waves, which is what they are. These two sets of waves meet each other and create another wave called a phase conjugate wave. And this wave causes organization! So whatever was out of whack could possibly be corrected by the

reorganization of our energy. This phase conjugation takes place at the quantum level. A place so small that the laws of science are no longer relevant. That place is called "Planck" in physics. When phase conjugation occurs at Planck implosion happens. That implosion releases energy. So with each of those weavings, we get an energy release but when we get all of the crossings to happen in an harmonious fashion all the way up the spine into our brow then a major series of releases happen. That causes a cascade of brain waves that we call bliss. It is a ladder of harmonic energy that we can access and we can also allow greater energies to flow down that ladder to be made manifest in this physical world. Let's look at our diagram again. Please also notice that these crossings are happening above where the chakra is to be located. That is because the chakra is powered by the energy released each time the polar channels (Ida & Pingala) or waves meet each other. Yes, meet. The crossing is what happens after the point at which they meet. The implosion is what those black dots represent. On a much larger scale, this is also how black holes are formed.

Now let's examine these two serpents. The right serpent represents the concept of your masculine energy. By masculine I mean positive in charge, penetrating, active, outward, and conscious. The right side is governed by your masculine energy. And your masculine energy is largely controlled through the operation of the pingala nadi or sun channel in the Hindu tradition but more commonly known as your yang side.

The serpent to the left represents your feminine energy. By feminine I mean negative in charge, permeating, receptive, passive, subconscious. Your left side is governed by your feminine energy and is largely controlled through the operation of your ida nadi or moon channel also known as your yin side.

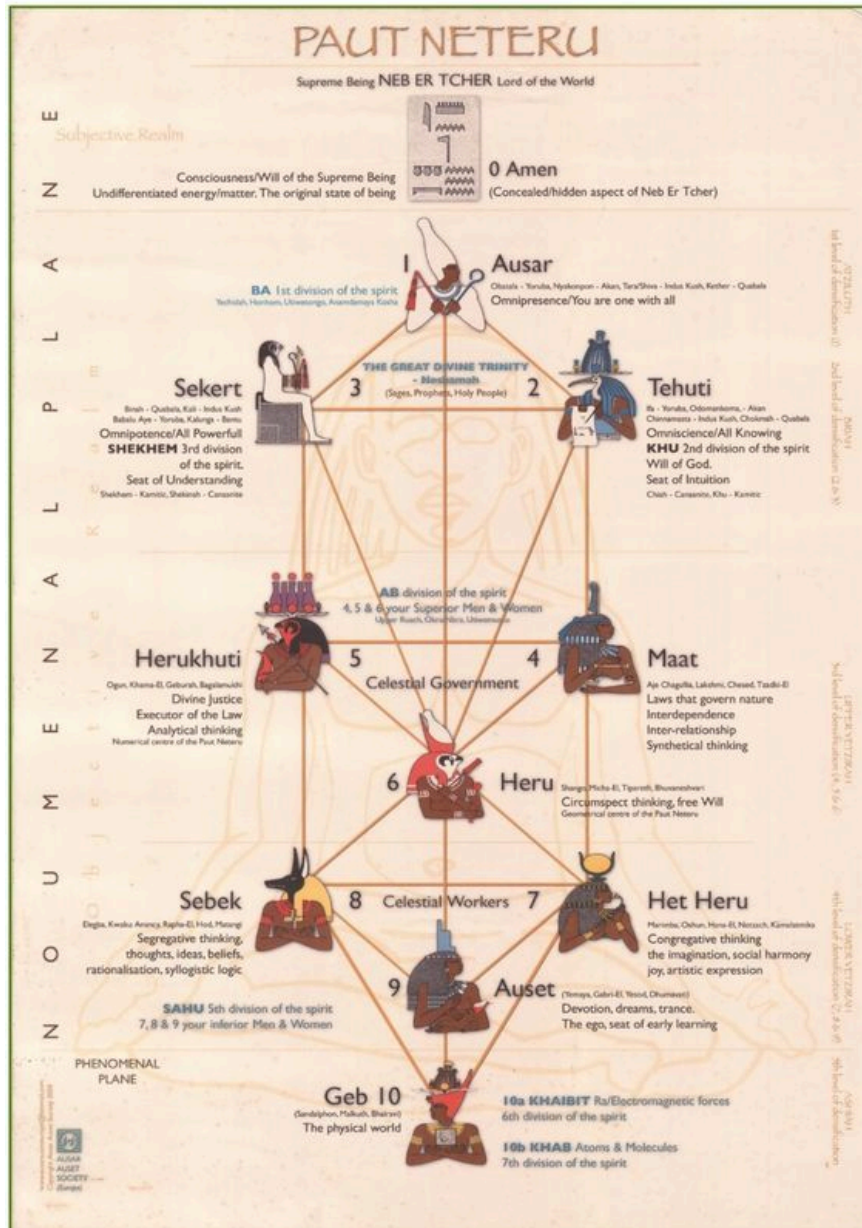
This is the yin-yang symbol:



It is made up of one black side that represents the feminine and a white side that represents the masculine. But in each color is a little bit of the other. The reason for that is because one moves the other. It is a dance and all of the action happens around the still points. Thinking back to our kundalini picture, the energies are meeting at a still point and it may be an infinitesimal amount of time but it is happening. And that is the

place where anything is possible. Without harmonics, that still place would never happen. With practice, anyone can begin to feel their energy move and get it harmonized to the point where they feel this blissful implosion as a real experience in their lives. One is enough to change you forever. But we have a system to make it a regular part of your existence.

In our conversation about harmony, it is important that we don't take anything for granted as simple. One of the first things we learn on the "Path of the Rose" about this universe is that there is magnificence in the tiny parts. And they are usually far more complex than they seem. A very useful phrase to remember is "complex but not complicated, simple but not basic". I was raised Christian and during that time when I would hear of other deities, I didn't understand why they had more than one god. But as I learned more and embraced indigenous spirituality & mysticism I came to understand that they represented aspects of the divine mind and nature. When I started to study the Kemetic tree of life system laid out by Ra Un Nefer Amen, deities were presented to me in a different way. I was reminded that in the bible, they say we are made in the image of the Most High. They then explained to me that the Tree of life is how we were made in the image of the Most High. What do I mean? There are ten spheres on the Tree of life.



The tenth represents your physical body, from there we go from nine up to sphere one. After that is sphere zero which would be the ultimate union with the most high. But spheres nine through one represent attributes and faculties of your spirit that dictate your actions in this world. Each of these spheres is personified by a deity. In other perspectives, they correlate with planets and other deities that represent the same thing but relative to the culture they came from. The qabalistic tree of life is the most popular but what I am explaining will work with whichever one you prefer to use.

Each of these spheres/deities/principles governs laws of human behavior or how we "should" behave as well as tools to understand the world. I will not go into each of the spheres of the Tree of life in this book because it would just be too much for this book. But I want to bring your attention to Sphere 8 and Sphere 7. Planetically this would relate to Mercury and Venus respectively. In the Kemetic system, these spheres are governed by the deities Sebek & Het-Heru. I don't want you to get wrapped up in the names. Instead, I want you to focus on what they represent. Ra Un Nefer Amen listed the different laws and reasoning for these laws for each deity. These reasonings and laws are your secret key to unlocking the hidden faculty within you. It isn't about the colors and oils and all of the ritual tools used in the religious aspect of deity veneration. It isn't about deity veneration at all. It is about the fact that this tree of life is a road map to awakening and reconnecting the communication between the aspects of your higher self or at least the mind needed to access it. So back to Sebek, the law of Sebek says: "It is not what you think or what you affirm. It is who is thinking and who is affirming. Are you a human or a divine being?"

Now what this tells us is that we have more than one mind that we can think from. And that our limited human intelligence pales in comparison to the divine mind that we also are. This is important because in this society we have come to believe that degrees and books equal intelligence. That intelligence, while valuable, is only a supplemental intelligence to that indwelling wisdom that developed the concept of instincts and the laws of physics. Without that mind, none of this universe would even be able to be studied. So the first lesson we must learn and accept is that we have an indwelling intelligence that we can lean on and it will make all of our genius in other areas that much stronger. But more than that, it will show us the fallacies of our thoughts so we can course correct and stay in alignment and agreement with that indwelling intelligence. Let's put this in a real-life example. The simplest example would be in education. Imagine if you were taught math from the perspective of the person who created math. You would have a much better grasp of the principles and purpose of math. And if I don't remember anything from school, I remember someone asking "Why would I ever need this and when would I ever use this?!". That question itself shows us that we have no true idea of the purpose of mathematics as a whole. The purpose is everything! You cannot truly understand or use something if you do not know its purpose.

That brings us to the next sphere. Sphere 7. This is governed by the Goddess Het-Heru in Kemetic philosophy. She is similar to the energies of Hathor, Oshun, and Venus. This is the sphere that governs beauty and more importantly harmony. Beauty is such a misunderstood topic. The reason for that is because the purpose of beauty eludes most people. The secret is that beauty can only be achieved when **FORM FOLLOWS FUNCTION!** What do I mean? Well, imagine you are about to buy a really

nice Corvette. The interior is plush, its exterior is sleek and clean. The paint job is flawless. You grab the keys to give it a test drive. You crank the car and a puff of oil smell fills the car. Then you try to put it in gear but that isn't working. You finally get it going but it can't drive over 40mph without sputtering and stalling. You throw your hands up like "This car is hoopty!". Why? Because the function doesn't follow the form. You feel bamboozled. Another very simple example would be trying to loosen a flat-head screw with a Phillips head screwdriver. On its own, the Phillips head is a good tool but not for that job. The form of the screwdriver doesn't fit the function of unscrewing a flathead screw. The same holds true for people. Someone can be aesthetically pleasing but if their personality is bad, they lack basic social skills like consideration or honesty, in addition to that they like to take advantage of people and have no vision for the future. It would be safe to say that this is not a "beautiful" person. Matter of fact, they are dangerous and they cause harm to the people they interact with. Now let's think of someone who is visually appealing as well as moral, disciplined, kind, loyal, intelligent, and has a purpose for their life. This person ends up being elevated above their peers who lack these attributes. This is the ultimate "what I see is what I get". There are no "tricks of the eye". The substance and that form match. The way they function is also in line with that.

The following function is a good tool to use to find authenticity within yourself. In order to harmonize energy, we have to look at our thoughts and actions and ask ourselves if they fit the function we are trying to achieve. If you are trying to love yourself, do self-deprecating thoughts fit that function? "If I eat this food with no nutritional value does it's function fit the form I am trying to get my body to take or the functioning I want it to have?" "If someone says they love me and then punches me in the face, is that the form that love takes?" "If love is to strengthen, empower, and support me then how is this physical abuse a sign of love?" You will begin to build a logical case against self-sabotaging actions. Slowly but surely you will make those life changes that will put you on the path to harmony. Then your life will begin to unfold in an ever more pleasant way. The better you get at doing this form vs function analysis, the better you will be able to control the different aspects of your life. In your relationship, you may choose to let something go that you would usually hold on to because now you are clear that you want a happy love. And holding on to whatever minor issue at the moment will not lead to that outcome. I hope you see the simple genius in this. All of those thoughts and emotions are waves, energy, and particles. When we apply the form vs function analysis, we bring those waves into coherence. That can then lead to the phase conjugation that we mentioned earlier which will then create organization in the chaos within. Every time that happens energy is released or freed to be applied elsewhere. This is your source of power! Create more energetic releases through conjugation...create more power!

TRANSFORMATION

The "T" of H.E.T.E.P. stands for transformation. Transformation is the result of a force acting on something and creating a change. In this case, I assume you want the transformation to be positive. But it can also be negative. It is not a biased type of thing. And sometimes it fits our needs to create some negative transformation. All I really care for you to know about this it is that it's constantly happening. On a personal level, if you are not actively striving to transform yourself into a better version of yourself, you will become a worse version. This is the way it has to be. The only way to change something is to enact a force upon it. That force can be your thoughts or physical force. But if nothing changes, the course will remain the same. And that course is surely taking you away from the intended direction. Power is needed for transformation just like gas is needed to power a car. But you also have to press the accelerator. Harmonizing your energy is the equivalent of pressing the gas pedal of your energy body and etheric vehicle. But in addition to that and maybe more importantly, it turns the motor. In this case, the motor spins to the tune of the golden ratio propelling you forward into the spiral of perfect unfolding. It is GENIUS!

Side note: I'm not telling you what to put together, I'm telling you how to put it together. This is not a book of exercises, it is a book of perspective on application and wisdom

POWER

Remember when I said "Power is needed for transformation just like gas is needed to power a car. But you also have to press the accelerator. Harmonizing your energy is the equivalent of pressing the gas pedal of your energy body and etheric vehicle. But in addition to that and maybe more importantly, it turns the motor. In this case, the motor spins to the tune of the golden ratio propelling you forward into the spiral of perfect unfolding. It is GENIUS! Well, that same genius is the genius you have powering your vessel." And is the same genius that is trying to communicate with you so it can express that genius through the individual expression of the energy that is you. That is the importance of "higher-self harmony".

This concept is a top-down approach to actualization. Well it's actually a meeting in the middle. But we will begin this conversation from the perspective of dealing with things from the top down. This is one of the most impactful things I have learned and has helped me heal as well as offer profound energy work for others. Working from the top down is like using a vacuum cleaner instead of picking crumbs up by hand. There is validity in understanding every little piece of something but it is also very easy to get lost in it. You know, that whole "you can't see the forest for the trees" saying. It means you are missing the bigger picture or lesson because you are so enthralled with the details. But "isn't the devil in the details?" Absolutely, but there is a time in place to take that perspective. Remember we are harmonizing energy and to do that, the form of how we address things must fit the function of what we are addressing and why. And in some cases, it's just not the best approach.

Indwelling Intelligence is a phrase that I am going to use to refer to the constant flow of information from your divine mind into your human system. This information is restricted in all of us to a certain degree due to energetic blockages. These blockages can come from physical ailments, unprocessed emotions, external negative energies, past lives, and host of other places. The most famous cause of blockages is trauma. There are a lot of techniques for dealing with trauma and many of them require that you dig into the story of what happened. Think of the traditional therapy session where people recount traumatic stories for years. In this conversation, a lot of perspective shifts may happen. But what happens oftentimes is that the person gets wrapped up in the details of the story and gets retriggered over and over. They have a very hard time moving past it. You can see their breath rate change as they fall into the wormhole of despair. In tantric shamanism, we don't take that approach. When we talk about trauma, the type doesn't really matter. In this perspective of ascension, we honor trauma but we

don't give it too much attention. The fact is that it happened. What did it leave us with? What kind of feelings and behavioral changes? That is the info we want! Other than that we have no conversation about it. The energetic makeup of trauma is chaotic. It is an energetic disturbance. It only knows how to be that which it is. It has no idea how to be organized. But that indwelling intelligence does. It was the part of you that helped you realize that something was off in the first place. Its nature is to keep you in line with your original DNA blueprint! I think that is the part of ourselves we should be talking and listening to...not trauma! In that blueprint is all of your physical health and how you are to grow. It also houses your gifts, life purpose, destiny, and the road map together. The clearer we can communicate with it and follow its directives, the better off we will be. The information gets very precise. For me, there was not much communication starting. But now after years of putting these philosophies in play, I get a heads up for tiny things like a pot on the stove boiling over. It tells me when to let things go that I may really want. And when I do, I see that I avoided catastrophe. It tells me what phone calls to answer and who not to talk to. I have my choice of whether I listen or not but the guidance is there. If I'm feeling ill oddly, it gives me clues of what is wrong. And I don't even think "clue" is fair because once I was dealing with an ailment and I heard "you need B vitamins". I went to the doctor the next day and the results of my bloodwork said I was low in B vitamins. I was like "dang, I could have saved this time doing something better if I trusted a little more." Now I am in no way saying don't go to the doctor and rely solely on this info. I'm simply saying that that advice was right and exact! It is a beautiful relationship to develop.

The first way to begin to develop this conversation is through meditation. And in this case, the goal of the mediation is to watch. Watch yourself, your thoughts and your sensations. Then we want to see what information we gain from watching. This is self-study. In my energy sensing for beginners class, I teach several exercises for you to begin to build awareness of your subtle energy body and interact with it. Because if we don't know what something is or its function, then we must let it inform us of itself. So we watch and feel the energy move. And from the results, we understand more about it. You can't intellectualize the process. You have to experience it. And through the experience you gain expertise and refinement. So what starts out as an unsophisticated meditation practice then blossoms into a radar detection and energy calibration system. You can literally watch your energy get out of whack and with nothing more than mental directives and intentional breathing, get it back in line or stop it from spiraling uncontrollably until you can get somewhere to manage it.

This is priceless for those suffering from anxiety, manic episodes, bipolar disorder, and the like. It helps you manage the negative self-talk. Because there is a large chance that that voice in your head telling you all of those crazy things does not

belong to you. It could have come from that overly critical or distant parent, that person that broke your heart, or the environmental programming. For me, this process showed me that I was actually an empath. Traditional meditation was not the way I began to learn to watch myself. I actually started using cannabis, my first plant medicine teacher. It helped me quiet some of the incoming sensations that I was feeling. And had a chance to compare my sensations and the thoughts that came with them to how I actually felt and truly believed. And there was a moment where I said "Wait a minute...where did that even come from? I don't feel like that!...what the heck is happening?!" I remember one time when I was at work and became terrified that my little brother was being robbed at gunpoint because someone broke in the house. In those days, home invasions were very common in Atlanta. So I did everything I could to pull myself together and get home to make sure he was ok. And when I got there he was. However, the next day when I spoke to one of my work email friends, they told me that their best friend's kids were robbed at gunpoint in their house. I was floored. I didn't know what to make of it especially since I didn't know what being an empath was at that time. But one thing I did know is that I was not broken! I was not crazy! Matter of fact, I might have a gift. I was suicidal at one point because of these feelings. What if I actually killed myself because of someone else's feelings? "Oh heck naw!" that revelation slapped me into reality so hard I felt the world spin. And from there I was on it. Studying anything I could get my hands on that taught me to empower myself.

Then I was led into this path which has taken me into my life purpose, abundance and I manifested love after 30 and 2 beautiful boys. That love supports the work I do and me as a person. It is harmonious (most times) and has very little stress. That same intelligence brought together the attributes in me to take me from living on my mom's couch in the basement to an upper middle-class neighborhood with no job. It guides me on how to create a lane for myself with my unique talents. And the fact that you are even holding this book is because they told me to get it out within 1-week! It seems unplausible but when I get my little limited self out of the way and lean into the expansive vision that that higher self has, then it becomes invigorating and I see that there is far more planned for me than I would have ever consciously imagined. So my question to you is, how are you going to find something when you don't know what you are looking for? How are you going to do something if you don't know what you are supposed to be doing? You can't. You have no idea what you don't know. Let the indwelling intelligence inform you! SEBEK! The principle of putting your human mind under and in line with this indwelling intelligence. Whether you call Sebek a deity or a concept doesn't matter...just apply it and I promise you will start racking up wins!

SHADOW WORK

In order to do this kind of work, there's some things that you need to be aware of, practice and look into. I highly suggest that you study the chakra system and subtle energy body. You can do this from the Taoist perspective who has a lot of exercises that you can use to start harmonizing these energies. You should also spend a lot of time doing "shadow work". Shadow work is just what it sounds like. We're doing work on that part of ourselves that is not publicly visible all of the time. It is the part that doesn't readily shows itself. It is a part of us that shows up when it's triggered or when you want to hide something and that doesn't have to always be negative. We may want to hide how great we are and the reasons why we're doing that lies in the shadow.

But what I will tell you about the shadow is all the gems are there. We can't be afraid to go into the shadow. This is part of the harmonizing of the energy. We always think that everything in the shadow is negative or the dark is negative. It's not. The feminine is in the dark. It's in the recesses and we want to take our masculine energy which is our consciousness and shine light all up and through there in search of what doesn't need to be there and find the things that are influencing our consciousness when the light is shining. And when we do that we become more authentic and now the ingredients that we use in our harmonizing recipe are better, more pure ingredients. There's less drudge that we have to wash off. And that makes the alchemizing process easier. That makes the harmonic process easier because if you have all of this extra chaos in your system, it's hard to get things to align and to balance. This is a scientific topic. What we're talking about now is entropy in our human system. Entropy is the built-in chaos and energy loss. Everything has built in chaos. It's our job to minimize it or create negentropy. Negentropy not only improves the small processes, but also looks at the big picture and the system itself to see if it promotes energy loss. On the other hand, know how to lean into that chaos when needed because sometimes chaos is useful. But is unpredictable. It doesn't follow patterns which makes it dangerous.

There's levels to self-development in shadow work and wherever you are is perfectly fine. Start there. Don't skip any steps. Take your time. Really journal. I know journaling seems basic but just journal and get your thoughts out or maybe even mind map. See how you feel about yourself for real. Ask yourself why a lot. Keep asking yourself why and when you get to a place of understanding then ask yourself when was the first time you felt that way. And then follow that road wherever it leads you. Or we can also ask ourselves what does this feeling remind you of. And then we have something to start unpacking and we can take that vision into meditation and apply a

technique where we are making ourselves the objective observer. And we can begin the process of reprogramming and repairing ourselves.

We want to work on minimizing our limiting beliefs. Limiting beliefs are those that are not true. Or if they are true, are they bringing you the type of world that you want? What is the example of a limiting belief? One example would be believing that all men are bad. The reason why that's a limiting belief is if all men are bad, you have a very hard chance in finding one that's not. Therefore, you are telling yourself that you're not going to have any good experiences with men and consequently you won't because you're going to keep doing things to prove yourself right. And you're going to keep looking for something to prove that you're right, because we have an operating system that's going to look for the things that you tell it to look for. You're telling it that all men are bad. So it's going to look to prove that. You can also say possibly a limiting belief is that men only want me for my vagina or for sex. A better belief would be that this person is driving across town to come see me. In that trip they're passing potentially hundreds of thousands of women. Is there any chance that he may like you for something else in addition to the sex. Because in this conversation we're not ruling out the fact that they want to have sex with you. We're adding the fact that there might be something else along with the sex that may also enjoy or find beneficial. And then you might find out that they actually like your personality. They actually feel comfortable around you. And then if that is the case, then you can start working on those attributes that make people feel safe and lean into that. Now you have an air of safety for men. And next thing you know you're not going to have any problem attract in any.

Another limiting belief could be that you're not supposed to be rich. I'm sure you are aware of and know the limiting beliefs. I'm not going to list them all but we must, must, must ask what is true and what is not. Again this is where Sebek comes in. Sebek is going to ask the question "is what you're thinking true? Is it in line with divine laws and principles? And who is thinking? Are you a human or a divine being?" And if it's not you got to check yourself. Then you have to work through that. This is where we go back to the concept of the Goddess Het-Heru's energy of harmonizing and the process therein. So in the harmonizing sphere is also joy. Joy is so powerful. There's also congregative thinking as well as peace, grace, creativity and all of these things that you're going to need to solve the problem of where these thoughts came from and how to relinquish them. Next is how to refill the holes that those limiting beliefs left with more harmonic beliefs. This is when we bring the body back into the conversation because the body is going to help inform your mind about what is true. You experience your physical world so therefore we have to be in places where we have access to people who are trying to grow and be their best self. In my live classes and events, I spend a lot of time cultivating a space where men and women can experience the opposite sex

in a way that's non-predatory and non-demanding. You're not proving your value or anything like that. You're simply being exposed to somebody who wants the best for you for no reason at all! You have to know that you deserve it. You do deserve pleasure. It is a birth rite. And you don't have to work for it. You don't have to sell yourself. You don't have to do all of these things that society has told you is required to get pleasure.

When we start reducing the access to pleasure. People start getting weird and doing weird things. When we think that there is a shortage of good men, women will start fighting each other. If we think that nobody cares about us, we then start rejecting the world and now we're hermits and can no longer reap any of the benefit of community. These are the things we have to work on. I'm not telling you what tools to use. I'm just telling you to find some tools to work on it. There's a thousand books on Shadow work. There's a thousand books on self-love. There's a thousand videos on all of these things I'm mentioning to you such as chakras meditations. You can holler at me for Tantra and Shamanism. But for everything else there's tons of resources folks. It doesn't matter what you use. Just use them and use them harmoniously. Put it to work, don't just think about the concepts. Actually live out the concepts family. We're past the point of just being able to think about things we must have this experience and that is what the feminine energy is asking of us.

ECSTASY, PLEASURE & POWER

Pleasure is a pathway to healing. It is far more important that people give it credit for. If it wasn't so important, why would the body have a reward system that is based on pleasure? There is an actual circuitry in the brain that responds to pleasure as a way of training behavior within the body. It's a reward system is dealing with the mesocorticolimbic system. This is built into the body, so obviously there is some sort of importance for pleasure on a physical, mental, and emotional level. Pleasure shows up in a number of ways. Obviously the most common type of pleasure that people talk about or think about is either food or sex. But we also take pleasure in viewing, hearing, doing and receiving things. When we live a life without pleasure, it causes us to constrict our view of the world because it then seems that there is no way for us to get ahead because there is no reward. There is no payoff. There is no way out and that kills hope. And when hope is dead, all hope is lost literally and that is a very bleak view. That's not beneficial to the human psyche.

Pleasure is also a tool. We make decisions based on how we feel or whether we should give into the feeling or not, right? So when things feel good it is a sign that perhaps we need more of it. The caveat here is when we're in an unhealed place. The things that bring us pleasure may not be good for us. But when we are in search of pleasure, that is purposeful, intentional, and is designed to retrain our system into wanting options that are more beneficial for us then pleasure becomes a powerful tool. It makes you make better decisions. What do I mean? If you asked your healed self "does someone talking negatively to you feel good?" The answer is probably going to be no and we're going to stop being around those people who treat us negatively or abuse us. Or if we are actually tapped into our body, we can sense into our body and we are conscientious of our body, when we eat certain things we won't feel good. You might think "Dang... I felt better than I did before I ate this food. You know what? I don't want to eat this anymore." Now after a series of those decisions, you've made a life change for the better. That's going to impact your health for years to come and may even add years to your life. Pleasure is really valuable and it's a shame that it's been misconstrued as something frivolous. In some respects, discipline is the ultimate form of

pleasure because if you can restrain yourself from having things you'll never get out of control when you do have them. Just like Nicholai Tesla who said himself that he used to binge on things and quit abruptly. Once he was an alcoholic smoker for a few months and then quit. That was the personality Tesla had. And he had a great level of control and discipline which is not normal. The society we live in today feeds us plenty of chemicals to weaken our ability to be disciplined. Not to mention the gut parasites. They give us cravings and impulses and all that is artificial pleasure stimulants. They are an abuse of the system. Illegal drugs are also artificial stimulants to pleasure. We want to find real stimulants for pleasure. And one universal stimulant is: getting the outcome that we really want. The only thing that's pleasurable IS getting the outcome that we want.

And that's why having a pro-pleasure mindset is so important. When we start shifting our mindset to be pro-pleasure now our Reticular Activating System operating system is looking for opportunities to bring us more pleasure. And if we find things that are beneficial to our lives pleasurable, we're going to want more of it. Plus, the average person has a very limited framework when it comes to pleasure and how it can be received. People build up blocks to it. They may think having pleasure gets in the way of their intellect or maybe what they find pleasurable is taboo. There's a number of different reasons why they restrict their access to pleasure. Some of them can't afford it. Some of them don't have the time. A lot of single mothers just don't have the time and are too overwhelmed to find the time or prioritize that for themselves. They may be in survival mode and pleasure is just not on their radar. But when you are not in a state of pleasure...struggling and grinding, especially for women, it shuts down our ability to do what we do best, which is to attract, create, expand and enhance. It's important for women and it's so sad that they have made it seem as if women don't need to care about sex as if sex is just for men, it's not true whatsoever.

What is true is that the average woman has not been able to experience the level of pleasure that she knows she's supposed to be able to feel. She has a sense that she should be able to build this in a certain type of way or this should be a different kind of experience than what it was. And for the sake of longing now she has given up her hopes and dreams of this pleasurable experience. Because outside of being forced to have sex against her will, people are having sex because they think it's going to feel good. And when it doesn't, it's a problem. And oftentimes sex is not good. That brings us into the conversation of why people have sex and the fact that most people are not having sex because of sex and this is why there is a lot of trauma. What do I mean? I mean that people are having sex to prove that they're worthy, to convince somebody to do this or that, to find them lovable, or to exert their power on somebody. People have sex because they think that's what a good wife does and very little of it is for pleasure.

Very little of it! A lot of men only get pleasure from satisfying women. Though it sounds noble, if men could just receive without having the duty of satisfying but could just enjoy the sensations, they could become multi-orgasmic as well. But often women won't give them the space for that. Social conditioning doesn't allow it and that's a shame. It's a sticky situation because things can be very intense. When men start feeling the capacity of arousal and sensitivity, they feel their performance take a hit. And the woman may not be in a state to understand or appreciate the experience that he is having. She may be tempted that you put him down and question his virility and his masculinity. Now the man will regret even giving himself the opportunity to feel that good and then he shuts it off forever. That is a crime. Same thing for women. She may take a little bit longer than he expects. He's not present with her mentally, emotionally or physically. He's just going through the act in her body and she's not feeling anything that she wants to feel. So she checks out of the experience and therefore it shuts off the opportunity to expand, become, and experience. ...Tragic!

And this is why we MUST talk about this through the lens of Tantra because this book is really about Tantric Shamanism, this is the modality and this is the framework that we are using to address the issues at hand. Tantric Bodywork and Tantra are tools that can be used to help us practice and retrain our body through pleasure and receive healing in real time, transform in real-time, and release that energy at the moment to be used for something else like I keep repeating. So with this perspective that people are not getting what they need out of sexual situations, we can also see that people aren't getting what they need in other situations either. Not out of their friendships, their relationship with the Earth, and with the food because they are not present enough to enjoy what is happening.

Let's talk about the pleasure mindset. The reason why we want to have this pleasure mindset is because we are trying to increase the amount of pleasure we experience on a daily basis and we are doing that so we can train ourselves that there is an abundance of good things in this world. It's an abundance of good things in this world, despite the fact that it appears that is not. We Want to start training ourselves to find the good. This is not just optimism. This is mine filtering and mind targeting on the things that we want because we have a finite amount of energy to expand in a day and in life. So we have to manage our energy just like we manage our economic budget. Plus focusing on the negative is a major waste, in my personal opinion, of this energy that we can have. When we start doing that, all it does is start ratcheting up the energies that are disharmonic such as fear, worry, impatience, and the fear of missing out which makes us make a bad decisions. But when we feel good in our mind, body and spirit. We're able to make decisions from a place, a full agreement and not out of desperation and not out of responding. Instead we become proactive. We start taking

preventative steps and it's not because we're afraid, it's because having to deal with whatever scenario doesn't feel good. Having to have to deal with a cold doesn't feel good. So what do we do? We take more supplements. We make sure that we're eating healthy. And make sure to take care of our immune system so that we can afford avoid or minimize the times we have to feel bad and feel sick. It's just that simple. It's not any deeper than that. We save our money so that we can have the pleasure of doing the things that we want and being able to provide for ourselves. Because worrying about our security every single day does not feel good and it's not good for our system at all. It raises cortisol levels which most doctors would agree is a major cause of human illness... stress. So we stress eat. We eat the sugars, the salts and all this stuff because we're trying to satisfy some sort of emotional issue because we don't feel good. When we get sick, what do we say? "I don't feel good or I don't feel well". When we're in full alignment we feel amazing. So let's take that perspective and use it as a navigation system of what's right for our spirit, what's right for our mind and what's right for our bodies. And since we've been doing the process of harmonizing energy or we have the harmonizing energy mindset, now, we are ready to pleasure in a different light. It's not a frivolous thing that we do to pull off some steam. That's not what pleasure is for. Yes, it's good for that. But that's not necessarily what it's for on a physical level.

Purpose of Pleasure

Giving yourself pleasure helps you get out of the "fight or flight" setting and pushes you back into "rest and digest" or "feed and breed" state. And that is a sign that we are no longer threatened. When we're threatened where our senses are heightened so we can prepare ourselves for defense. But if the mind never gets the signal or the body never gets the signal that we can get out of that fight or flight mode, you're always going to be in it. So let's talk about our vagus nerve for a second. Our vagus nerve is the longest nerve in the body. It is called the craniosacral nerve. It is also considered the mind-body highway. It's ends at the base of your spine right in the reproductive areas. The vagus nerve gives more information to the brain than the brain gives to the body, and that is because there are two receptors sending information from the brain down into the vagus nerve. There's four coming from your organs into the vagus nerve informing your brain. So your brain is really being trained by the body and then the brain tells the rest of the body what to do with the information that one portion of the body gave it.

Now if there is a block in the vagus nerve, you're going to have a hard time regulating your emotions, calming down, and getting out of fight or flight. The vagus nerve is the key to getting into rest and digest. The way that we stimulate the vagus nerve is by deep diaphragmic belly breathing, by massage and neck exercises, by

exercise in general as well as cold showers. The vagus nerve is also the mind-body highway. That means that the mind, which is outside of the brain is communicating to the body through this path. This mind-body highway is also the way your higher self is communicating with your body. So your physical body resides here in the physical world. Your subtle body resides in the non-physical world and there has to be a place or a system that communicates between the physical and the non-physical world. That is your energetic system. We talking about meridians. We're talking about auras. The cerebral spinal fluid and our nadis.

There is a school of thought called somatics which is dealing with retraining the mind through the body. Soma is a word that means body. Somatics refers how to deal with the body to reprogram the mind and to release stored up mentalities that are locked in the body. This could be your emotions to be thoughts. This could be repressed memories. This could be anything you choose it to be. But there is a whole school of therapy and division of therapy that is specifically designed to deal with this. And what we find is that people are so disconnected from their bodies that they don't even know what's happening in it most times. Now you're like "what does that even mean? I know what's happening in my body". Some people say that when they think of certain memories they stop feeling their legs. Or when they smell certain smells they have spasms. When people are sexually assaulted and they are triggered very deeply, being touched can send them into a state of freeze. And though they may want to engage in sexual activities with the person that they love, they are incapable of doing so because the signals coming from the brain are telling them that they are not safe and is retriggering them in a way that was so traumatic that it shut off their central processing unit, if you will. This is not an uncommon occurrence. People are just so ashamed to talk about these things that it doesn't make headlines and it's not the topic of conversation at the dinner table. It's not something that people want to tell you on the first date... that they were assaulted and now anytime they're touched they go into a state of freeze. And this happens for men and women, not just women. For some people their first sexual experience was unorthodox and now they are stuck, only being able to receive pleasure the way that you were trained when you first began having sex. Now your pleasure is limited and these are things causing people real problems in their lives. But when we are able to tap into our energy and make it harmonious, we project feelings of safety, wholeness, acceptance and permission. That is picked up by the body. You don't have to say it. Non-verbal communication is very powerful. It's picked up by the body and it is digested by the energy system because it's coming through in an energetic manner into the energy system.

Finally, the body funnels it into the spirit. And in those moments, when we're funneling the mind into the body and to the spirit and we have our energy in a

coherence state, we can change deep-seated traumatic issues in people. We can help reset and rewrite the chemical imbalance within others that was caused by these negative experiences that have them the prisoner in their life. Maybe you are suffering from this. How valuable would it be if you had a partner who knew how to hug you and disarm all of your triggers? What if you were able to hug your partner and get what you were missing from that absent parent. Or they were able to accept these quirks about you that you thought nobody would accept. And then what if they hugged you and sent energy from their heart to your heart so that you know exactly what love feels like. There's no words to get in the way for you to misunderstand.

This is game changing family. This is game changing! Think about what I'm telling you. This is game changing to be able to touch someone and not just touch their physical body but touch their mental emotion and spiritual bodies at the same time. It's powerful and it's possible. The reason why it's possible is because your physical body and your non-physical body is the same body. Your physical body has reflexology zones, lay your hands, your eyes, your ears, your feet, and your genitals your tongue. The places where your body comes to an end can map out the whole body. And with simple techniques that anyone can do, you can project energy to others from your reflex zones. If you are interested in learning this, please visit my site www.adamoselle.com for class offerings.

What is sex?

Sex is a gift from the most high. It is an opportunity for us to experience the power of this technology. That's that. I believe that the universe or the Divine Creator, whatever you like to call it, split itself into two polarities. This idea is what we call duality, plus I believe that we spend a lot of our time trying to get back to that oneness that we subconsciously remember. When we have sex with the opposite polarity, we are recreating that union. That unified force is the same force that put life into us. It is the life force. It is the creator of the life force. Its existence is life force and that is housed in our sacral/reproductive area. We're talking about sacral 2 through 4 of the spine. When we engage in pleasurable scenarios or sexual scenarios. We are genuinely turning the life force motor. Through proper cultivation of these sexual techniques, we can really experience the divine within our mind, and body and then that goes into our spirit. It's a transcendental experience. It's more than us sharing energies with people. People say that and they always say it from a scary perspective as if sharing energy with somebody is dangerous. But we're always sharing energy with each other. That's crazy, right? If you're sitting on the bus next to somebody you're sharing energy. If you shake hands, you're sharing energy. Even standing in line at the grocery store, you're sharing energy. And when I say sharing energy I mean their energy is intersecting because everybody's

field is big enough to intersect with someone else's. So the fear of having sex and our energy sharing is just a non-reasonable fear in my personal opinion. Holding on to that energy is the problem and we hold on to energies all the time that we don't want, again from all over society. From moving about in the environment we pick up energies and we hold energies that we have no business holding on to and because we don't know how to clear ourselves sexually it happens in that way also. But I think people just wanted to demonize the sexual situation.

Pleasure, Arousal & Orgasm

Orgasm is a doorway, not the destination. Orgasm is simply an energetic release and it happens because so much energy has been built up into the system and then it has to flow out into other parts of the body. Orgasms do not have to be localized to your genitals. You can have orgasm in any part of your body. You can have an orgasm in your non-physical body. And when you have orgasm due to energy movement, it is a sign that your energetic pathways are opened up and are beginning to connect to this astral self. You are arousing more than your physical body. Arousal is triggered in the subconscious and it happens before you even think about it. You can be aroused through thought, feeling/vibe, look, or imagination. It can come in so many different types of ways. Arousal is a fuel. It is something to get you to do something else. If we look at it from a deity perspective or a spiritual perspective, we will call that eros. We're not talking specifically about the Greek god eros, you can if you want to, but eros in general is built into the system.

Arousal is built into the system because a force has to act on something to make a change. So if you're sitting in a regular state, something has to come about to push you into wanting to do something sexual or sensual or to stimulate your sensual sensations. And that force is eros. I like to see it as divine desire. Because if you didn't want, you would never have. And if you never dreamed, you wouldn't create. So it is the driving force that makes you want to create something and the act of Creation. The most primitive version is sex. And when I say primitive I don't mean unevolved. I mean the most basic nature that's in us. You are not subjected to do what arousal gives you the impulse to do. Your Divine mind sits on top of that and at any moment you can choose not to respond to that. But you will have the inclination to do something, create something, birth something or rub something. And that comes from arousal. That is not a bad thing. It is not bad to be aroused. You want sexual gratification. And you should have it. It's a Divine desire. Not an animalistic desire. We are creating life here. Life is not just the human being.

Life is an expression of consciousness that is able to create because it is the only way the creation can happen. The only way for us to have birds is for birds to create other birds. And the only way for us to have cars if or is for humans to make them or for humans to make the machines to make them. And it is life that drives the person to want to make it. It is the thing that animates the person. It is the theme that the person is experiencing everyday and it is the driver to their behaviors and activities. Life is a complex conversation. Now we'll talk about what it is that comes into creating that life. We have to talk about sexual energy and life force energy. The life force is driving or

propelling the desire for us to create more life and that life being our own quality of life and children. But outside of the conversation of children we are constantly trying to refine and improve what it is that we have. That is the human nature. That is pleasurable. Just like the Christian Bible tells us, God created, it looked and it was good. When it wasn't good they sent a flood wiped it out. Let's start over. God was pleased when it created the sky, Earth, and birds. It was good. We want to create pleasing things. We also want the way that we create these things to be pleasing. So the universe created pleasure and it created a center or a system within your body to create hormones that help you feel pleasure.

No one knows the reason but through evolution and natural selection, the human being kept the system that allows you feel pleasure when you see a beautiful horizon. The combination of colors and shapes feels good when it hits your eyes. It does something to your body and mind. It gives you the desire to just bask in it. Pleasure built into the system!

Creation must be pleasurable because it trains your body to want to do more of it and your mind to do more of it. Now the pleasure could come from the into creating and what is created. But when we start talking about sex, we have the ability to experience all of these at the same time. Our nerve endings these rapid patterns of electricity and we've interpreted as pleasure through our different systems that are designed to receive these impulses. That pleasure then churns the motor of our life force. It gets our masculine and our feminine energies rolling. Both sexes have both energies within them. So therefore my feminine energy is needed for the experience. The masculine energy is trying to experience something different and in that I'm getting a whole totality of sensation.

So like I was saying, it gets our masculine feminine energy rolling. Our Ida and Pingala are engaged. Our sun and our moon channel are moving and meeting then crossing each other, sending ways of rapture, vulnerability and primal energy all through us. We're experiencing all the cortexes of our brain from The reptilian brain all the way to the mammalian and prefrontal neocortex, all the levels of the brain. We're experiencing all of that in a full sexual experience. When we allow ourselves to surrender to positive sexual energy, it could send us into altered states of consciousness.

Sex and Altered States of Consciousness

In these altered states of consciousness, we are able to purely interface with our interdimensional self. We are able to receive communications from other parts of the universe as well as our body. It's wild stuff. You are able to manifest things. You can to see things that you would not have normally seen like premonitions and other dimensions. It becomes possible to download healing code information for your body and this greatly enhances and supercharges your "higher-self harmony". Now, this is more of a fast track. In ancient times, ecstasy was seen as a way o powering the spiritual body or the Ka. It empowers the part of us that exists beyond death. It powers our spiritual and energetic architecture and helps us build energetic and spiritual sovereignty. When we're able to use sex as a doorway into the recesses of our consciousness, we are then able to use it to reprogram ourselves. We can also use this to awaken the archetypes of our partner. We can use it to tap into the divine archetypes of masculinity and femininity in general and match that harmonic and make that harmonic part of our nature. Match that vibration so your default harmonic becomes closer to that of the creating energy. Before you know it your mind will begin to more closely resemble the mind of that Creator energy. And that's where things really get interesting.

SHAMANIC TANTRIC BODYWORK

Shamanic Tantric Bodywork is an art and a science. It is a place where art, science, and magic all meet. Performing tantric Bodywork gives you an opportunity to practice actually using your "higher-self harmony" in real-time. You get to feel your energy in a tangible way, literally feeling it pulsate and buzz through your fingers and heart. It gives you the opportunity to practice using this energy to do something and create in the world. You can use it to possibly help heal someone right there in the moment. You project, they feel it. Now we can check box one, energy is real. You can feel it, they can feel it. Now you move on to the next idea. Can I tailor this energy and get it to do something I want which is to help this person heal or feel better or feel at peace? Boom, that happens too! We're building a case through your experience of tantric bodywork that your conscious mind can trust. Now as you're doing this, your energy is also being trained. Your body is being trained. Your mind is being trained and your energy system is being powered and as that power increases, it's awakening and sending energy through these nadis of and meridians of yours. It's reconnecting through the reflex zones to your other bodies, your emotional body, your mental body. Or it's moving through the central channel, connecting to the higher parts of yourself to get information. And you can practice working in tandem step by step, hand in hand with your higher self to achieve something. When you are done you can put it away for a little while and when you're ready to pull it back out, you can pull it back out.

Tantric bodywork is technology. It is a real technology. It is a training system for the elite human. And I'm not talking about the elite in money. I'm talking about the elite in consciousness, the elite in power and in energy. Elite in actualization because what mark are you leaving on this world? The only mark you are leaving on this world is the one that your force can leave and if you have no force you have no power. You're leaving no mark. Point blank end of story! So if you really want to leave an impact, to help your family, or create change in the community, you would do much better if you were to start applying the principles of "higher-self harmony". That's because it marries everything together. It's not a segregated way of thinking. It was a holistic way of thinking. It is the unified thinking of our ancestors and divine mind. It is the tantric way of ascension.

Tantra is not about sex. Tantra is about bringing things together on as many levels as possible. It could be your relationship or it could be re-braiding your DNA. It could be your relationship with your wife or your relationship with the Earth, your husband, or

your son. This stuff is not to be taken lightly. Let's just talk about some real-world examples.

Let's say you have a teenager that's not so sure of themselves. They are going through something and they won't talk to you about it. If you know how to harmonize, read, sense, and work with energy. You can find out what's wrong with them. And even if you don't really know, you know what sensation is missing and you can send that to them deep into their heart. If they're scared about going to school, you can send confidence into the solar plexus. If they have nightmares, anxiety or insomnia, you can send those thoughts from the back of the head down the spine to the body in a cooling manner. That will calm the vagus nerve. Create hemispherical coherence by balancing the brain. Send them into rest and digest mode. Because all of those are symptoms that too much is coming into the system. They're being overwhelmed and most of these things overwhelming our children now are not natural and they don't have the tools to deal with it. This is a game changer people.

Imagine you are a single man. You can go out and have sex with as many women as you want, as you're already doing. But instead of possibly breaking their hearts and making them feel ashamed because they gave you a part of them that they hold special. And since there was no commitment expressed, they feel like you just used them... You are able to send love, confidence, and security to them. So whether you call them tomorrow or not, they still love themselves. You might just heal them and set them up for the next person who's supposed to be their husband. Now instead of feeling like a "dog" or "player", you out here literally doing God's work and still being that have your cake and eat it too! Imagine family, imagine! Imagine you can have sex with a woman and help remove her traumas from sexual assault. If you could hug a girl and her father's issues go away would you do it? If you could have sex with your man and as he starts experiencing erectile dysfunction, you can change your breathing, your energy profile and send a command to his penis to start doing what it needs to do or what you wanted to do which is stand up and whatever else. You can see his confidence come back in the moment. His confidence coming back because he knows he's not broken. He's not less of a man! I want you guys to really make this real in your life.

Understand what it is I'm telling you and the impact this can have. Seriously. I'm pouring my heart out right now. I'm pouring my heart out right now because I see the hurt that people experience. They come into my office every day. I do consultations every day with people and I'm going to tell you if I do ten consultations maybe one of them may say that they're feeling good, whole, and like they are ready to go to the next level in life, maybe 10 of them. The rest of them are trying to figure out what's holding

them back. What's missing? How did this happen to them? How do they move forward? How do they process? And I'm not saying that if everybody started doing this today there would be no problems because this is something that you have to maintain. This is real real-life thing, just like cutting my grass. I can't cut my grass one time and not have to cut it ever again. For that, I need something that's artificial which is AstroTurf but real things are constantly in a state of growth. Real things require maintenance and constantly require management so we can never say how people are going to manage things. But what we can say is that now we have real tools make an epic change in this world. And with that, I like to thank you for taking the time out to read this book. If you have any questions, comments, thoughts. If you're interested in learning more about it, reach out to me at www.adamoselle.com.

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