

# WAKING UP TO REALITY

a manifesto to remember who 'I' truly am

## NOTES BEFORE READING:

---

1. This manifesto is written by and for a spiritual being in a human existence who wishes to remember the true nature of humankind.
  2. Such as the flow of Life, this manifesto is an ever-changing, living document.
  3. Some words are written with a capital, such as Ego & Mind. The reason for this grammar-choice is that these words have a deeper meaning.
  4. Remember that this manifesto is simply a translation. The Universal Truth of Life – that is non-dually stored in the Spirit which lives in all of us – can never be captured in the duality of words. Therefore, all words used in this manifesto come with restrictions as they can never fully express the spiritual message. Advised is to read it with a pure heart, an open mind & an eager soul.
- 

## The Unreal World of the Ego

Western society believes that happiness is something we can earn and buy. The common spirit is that infinite growth - material things & new experiences - give human beings a social status & a sense of belonging. Capitalism restricts humankind into a belief system in which we are brains & bodies. We are much more than that! Capitalism is not a sustainable path to spiritual freedom, since it will always find ways to make our Mind believe we need *more* and/or *something else* in the past or the future. It will therefore keep our souls & hearts out of the present moment. When one wishes to live an authentic lifestyle, one should be aware that Western society is not reality. It is simply a concept, fuelled by our own thoughts. The belief in these thoughts cause a veil over the true reality and enable us to stay asleep until the moment we choose to break free from samsara. We simply have to trust the Unknown and live in the present moment. Then, we'll let go of all the illusions that we've created in our own Mind.

## The societal vase that we try to fit in

*We constantly try to change ourselves according to societal standards. These standards can be seen as a mechanically produced vase. Nobody really knows who has made the vase in the beginning, but many hands have touched and are still turning the buttons on the machine. This way the machine will always create a vase that everyone recognises, but looks a little bit different every time. That vase is our society. The world is filled with people – flowers – who are all shaped differently by Mother Nature. One flower will fit more easily in the vase than the other, but no flower will ever fit perfectly since the shape of the vase will already be altered by the time they think they'll fit. We all have the capacity to wake up and live in a total state of acceptance. Every being can choose to wake up, live without any vase and flourish in their own unique and authentic way.*

## Transforming human suffering into Heaven on Earth

SLEEPING STATE	→	AWAKE STATE
Is fuelled by fear for the unknown/death.	→	Is fuelled by the power of unconditional gratitude and universal love.
Survives thanks to the un-awareness of one's Ego and Mind.	→	Survives thanks to holistic awareness of our Body, Mind, Heart & Spirit.
Exists thanks to our Mind's attachment to the concept of Past and Future.	→	Exists thanks to the inner-knowledge of our Soul & unconditional trust in the Spirit.
<u>Future:</u> ("I had this, but I want this now"). <u>Ego:</u> ("The other did this and this to me") <u>Past:</u> ("I wish I had done this, instead of this")	→	<u>Gratitude and love:</u> ("In this moment I 'am' this, and this is perfect as it is"). <u>Holistic awareness:</u> ("Everything inside & outside of me is a reflection of me") <u>Inner-knowledge &amp; trust:</u> ("I trust that I'm safe")
These disillusionments disable us to be aware in the present moment.	→	These beliefs keep us in the present moment a.k.a. the reality.
<i>The Sleeping State focusses on ratio: the Mind &amp; the Ego. It forgets the connection between the Spirit, Soul &amp; Heart.</i>	→	<i>The Awake State is a holistic connection from the non-dual realm (the Higher Self) to the dual realm (The Lower Self). It communicates from the Spirit, through the soul, via the heart to the Mind. The Mind translates the spiritual meaning into a body experience.</i>

**A sleeping being becomes awake by contemplating the Mind with passive and/or active meditation & opening the heart with soul-enriching activities.**

**I remember that:**

1. I am already home, in my heart.
2. I understand that what my Ego *thinks* about the Earth is unreal. What I sense through my six senses is real.
3. I know the Truth as I trust my intuition.
4. I realise that when I feel fear, it is not my Heart but my Mind that speaks.
5. I trust that my body will tell me clearly what I need in order to live a happy life, as I know that my Ego will misguide me.

6. I realise that I never have to be angry with my Mind, I can simply love her and play with her.
7. I know that (inner)silence and Nature are important key-factors in maintaining the balanced stillness within myself.
8. I rely on Life and trust the Universe that it will always give what is best for me.
9. I feel love, therefore I am Love.
10. I thank Pachamama for what she gives to me.
11. I am capable of loving and worthy of being loved.
12. I focus on the being that I am and I do not expend my Ego.
13. I give thanks to every teacher, spirit(ual) guide, angel and soul on my path.
14. I agree that duality only exists in the physical realm as I understand that there is no difference between beings, there is only One-ness.
15. I remain curious like a child in all that I do.
16. I understand that every single moment is a gift from Life and I will cherish it as it is precious.
17. I am aware that my breath is the direct connection to the Now.
18. I remind myself that offline should in all cases be of higher importance than online.
19. I am grateful towards nature, animals and human beings as all of them are of great help on my journey.
20. I agree that all beings (including sentient beings and the plant world) are more important than material things.
21. I remind my Mind that money should never be a priority, spiritual growth is.
22. I acknowledge that I already live in abundance. Everything I need is already here.
23. I remain authentic in everything that I do, allowing others to also be authentic.
24. I keep my frequency high, as it will be felt by others through a different channel than the physical realm.
25. I acknowledge that altruism, non-dualism and acceptance towards all sentient beings –including myself- is the answer to everything.
26. I 'fight' ignorance, indifference and injustice in the world with love, not anger.
27. I practice gratitude towards my spiritual brothers, sisters and ancestors, every single day.
28. I remind myself that there is no difference between light and darkness, they are all inherently part of being human. Thus, I welcome all of it.
29. I will be grateful of my talents and gifts and I will never misuse them to mistreat myself or other beings.
30. I accept that my soul is free and that I can choose every single day to fully live instead of suffering.
31. I understand that everything in my Life is manifested by me and thus I will not allow my Ego to ask the Universe for a manifestation.
32. I will stay true to my earthly mission to end the suffering of this Earth and lead it into the New Dawn of Time in which all souls will be freed from samsara.