



## Contents

Shadow Boxing .....	3
Perception .....	4
Inner Perception .....	5
Cognizance.....	6
Butterfly Creating A Hurricane .....	7
Unity .....	8
Affirmations Don't Work .....	9
Playing With Your Chemistry Kit .....	10
Are You Experienced.....	11
Bliss.....	12

## Shadow Boxing

One of the greatest games known to man is shadowboxing.  
Yet mankind doesn't know the rules of the game.  
Whenever you see something negative in a person it is a reflection of yourself.  
This is a grand opportunity to learn and grow.  
Yet mankind sees the imperfection in others while ignoring its own imperfections.  
We see this all the time on social media.  
It's so easy to see this in others.  
A wise man understands that if he sees a certain imperfection in others he can  
unlock the door within and pay attention.  
By shining light on this darkness, one can clear the obstacle.  
We were never taught this in school.  
Mankind is still living in a kindergarten state of mind.  
We blame others for our problems.  
We can't see the forest from the trees.  
Shadowboxing knows the goal is to release all hidden shadows in one life.  
This helps humanity to grow and learn along the way.  
Humanity must learn to take responsibility for going from darkness to light.  
Nobody can walk the path for you.  
Signposts of God are all around you.  
Learn to see your shadows.  
They are there for a reason.  
Be a mature adult.  
Don't blame others when the same faults exist inside of you.  
Dissolve the darkness within.  
You will see a thread of love tying us all together.

## Perception

The ability to see, hear or become aware of something through the senses.

Ponder over these words.

They might give you a hint on how to connect to the quantum field.

We need to perceive something beyond time and space/

It is there but our perception is lost.

Discernment

Appreciation

Recognition

Realization

Cognizance

Awareness

Consciousness

Knowledge

Acknowledgment

Grasp

Understanding

Comprehension

Interpretation

Apprehension

Impression

Sense

Sensation

Feeling

Observation

Picture

Notion

Thought

Belief

Conception

Idea

Judgment

Estimation

## Inner Perception

What is the highest perception of man?  
It is the ability to discover his true nature.  
Signposts are all around yet we don't see them.  
We are like a fish drowning in water.  
We run the same tapes day after day, year by year.  
After a period of time, we have built a wall between our true selves.  
We deny that we even have a true connection inside.  
Wise men have come to this planet for thousands of years.  
Yet we think only the privileged can have this experience.  
You were born hardwired and with the software to discover your true nature.  
Nobody can take it away from you.  
It lies dormant inside of you.  
What are you going to do with it?  
You are the universe.  
You just don't know it.

## Cognizance

Cognizance is defined as knowledge, awareness, or notice.

This is a very powerful word.

Yet it seems like it goes over humanity's head.

We are so driven by our cell phones we don't notice the signpost of God all around us.

One can be aware of the entire universe.

This isn't some crazy folk tale.

But how many times during your lifetime do you pay attention to the power behind your breath?

Have you ever noticed it or aware of the love that is keeping you alive?

This is true knowledge.

Man is looking externally to find the secrets of life.

The diamond of life has always existed inside of you.

The wise man dives deep within the ocean of love and finds the hidden diamond.

When one is cognizant of his true nature the journey of life truly begins.

The man then breaks the chains that keep us from living in the present moment.

Only a wise man understands what I'm talking about.

## Butterfly Creating A Hurricane

Scientists have the following theory.  
Suppose a butterfly flaps its wings in New Mexico.  
This effect causes a hurricane in China.  
This may take a considerable amount of time.  
Yet if the butterfly didn't flap its wings at exactly the right point in time the  
hurricane would never have happened.  
This is known as chaos theory.  
We have seen this in our wars.  
One small incident in a faraway part of the world sparks a worldwide war.  
Why don't we create a spark of peace inside of us?  
If we all did that may be an incredible butterfly effect will take place.  
Mankind will see the thread tying us all together.  
There is no difference between you and me.

## Unity

Unity is the state of being united or joined as a whole.  
As mankind, we have a long way to go to obtain that.  
Yet millions of people all around the world are striving to become united.  
This world is changing for the better.  
It may not seem like it.  
The light is beginning to shine.  
Scientists and mystics are both talking about the same thing.  
There exist a quantum field that is beyond time and space.  
When a person dives deep within one experiences the unity of all life.  
In that state, there is no separation.  
When one begins to experience that on a daily bases one is transformed.  
You and I are all one.  
Humanity will totally change when we all experience that.  
War is obsolete.  
Humanity must discover the unity of all life.



## Affirmations Don't Work

If you ever wondered why sometimes your affirmation doesn't work consider the following.

You can repeat your affirmation like a parrot.

But if there is not a positive emotion involved it won't work.

You see thoughts and emotions must fully match.

In order for an affirmation to truly work one must be in the quantum state of awareness.

Only in that state will it work.

You don't learn that in schools.

When one enters the state of love and compassion for all that's the time to say your affirmations.

All the wise men in the past said to discover the jewel within you.

You are magnificent.

What an incredible journey we are on!

Constantly focus on the power behind your breath.

The entire universe lies inside of you.

To manifest your affirmations takes daily practice and patience.

## Playing With Your Chemistry Kit

We are all playing with our own chemistry kits.  
Unfortunately, we aren't aware of it.  
Many people blow themselves up without realizing it.  
In each and every moment thousands of chemicals are being released throughout  
your human body.  
Mankind is spinning out of control.  
We are drinking our own poison.  
We get angry at someone or a political point of view.  
In the meantime, we drink our angry poison.  
We then wonder why illness arrives on our doorsteps.  
The wise man understands the repercussion of negative thoughts and emotions.  
Moment by moment one plays this video game of life with awareness.  
One tap into the infinite ocean of love and compassion.  
This is our true home.  
My advice is to learn how to change your own chemistry.  
Remember you are the master chemist.  
Only you are playing with your chemistry kit.  
Ponder this over.  
This could make your life so much easier.

## Are You Experienced

Jimi Hendricks asked this question around 50 years ago.  
He was talking about if you ever dropped acid.  
LSD was the rage of the day.  
Yet it was an external chemical you took to have a ride of your life.  
Either you had a good trip or a bad trip.  
You had no idea which side of the coin it was going to land.  
Mystics drop LSD without dropping anything external.  
They dive deep down inside and merge with the infinite ocean of love.  
There are no harmful side effects.  
As a matter of fact, the mystics realized they were their own chemists.  
They learned how to be present in each and every moment.  
By doing this vast amounts of incredible chemicals get released into the body.  
You could say they had a permanent high.  
They never came down from their experience.  
This is an infinite experience.  
Are you experienced?

## Bliss

Bliss is defined as perfect happiness or great joy.  
I first heard this word when I was 18 years old.  
I was very intrigued by this word.  
I never heard of this word before.  
I knew this bliss existed inside of me.  
Yet I didn't have any perception of it.  
You can't have a perception of something if you have no idea it even exists.  
Meditation brought me into direct contact with the awareness of bliss inside of  
myself.  
Note it is always present in our lives.  
It was just a cloudy day.  
The sun is always shining.  
Bliss is your true nature.  
As the sun shines constantly bliss shines constantly within.  
A wise man bathes in the inner light constantly.  
He gets a bliss tan.  
This golden aura surrounds him while he is walking around in this world.  
He has nothing to prove.  
He just smiles at adversity.