



## COLOPHON

GIORGIO CERQUETTI

# **THE POWER OF THE POSITIVE MIND**

Short meditations to raise our self-esteem  
and improve the quality of life  
learning to think, feel and will in harmony

**MARCHIO/LOGOS**

## Contents

Introduction	p	5
Chapter One	p	29
Chapter Two	p	47
Chapter Three	p	71
Chapter Four	p	95
Chapter Five	p	111
Chapter Six	p	127
Appendix	p	141

## **Introduction**

According to the ancient spiritual science of yoga, the mind has three main functions: thinking-feeling-willing. The thoughts represent the male side of the mind, the emotions the female side and the action is the concrete and external manifestation of the mental activities. In the last decades, Western medicine has discovered that the brain is not a unity, but is divided into two separated hemispheres with different functions and features that are not always easy to bring into harmony. This book provides a kind of knowledge which is meant for the attainment and maintenance of psychosomatic equilibrium, a fundamental requirement to live fully and in a satisfactory way.

The left hemisphere, the male one, is cold, logical and presides over scientific elaborations, technique and language, and lives rationally in linear time, measured by watches and calendars. The right hemisphere, corresponding to the female side of the being, is warm, creative, symbolic, and analogical, and favors artistic manifestation, spiritual search and tends to live emotionally in dimensions that are free from time, measured in linear, conventional terms.

The left hemisphere is considered the seat of thoughts and the right one that of emotions; every action is caused and conditioned by the thoughts and the emotions related to it, and this can occur at a conscious or subconscious level.

If thoughts and emotions are consciously aligned on the same result, every action will be energetically charged, steady and surely successful. When one thinks of something and succeeds in feeling it, it is said that he has faith, he believes in it, he is self-confident and his self-esteem is high.

An example that I often give to explain this connection of thought-emotion is marriage. Many say: I think that the moment of getting married has come, but really I don't feel like doing it. Afterwards, others comment: I got married, but whenever I think about it, it seems to me that it has not been a good choice. In both cases, the action will give weak, unsatisfactory results, as it has not been supported entirely by the power of the mind. To be effective, every action requires the full energy of the mind, composed of the dynamic force of the logic-rational side and the pleasure potency of the emotional side

We have to learn to live nicely, aligning thinking-feeling-willing with love and awareness.

After years of yoga practices and long meditations on the therapeutic qualities of the mantras recited in Sanskrit, the ancient Indian language from which the European languages originated, I realized the need to readapt the ancient teachings of the Vedas for our regular daily life. Sanskrit is a millenary spiritual language and it is very powerful, but the most effective and penetrating sound for our subconscious mind is expressed in our mother-tongue.

Having come up with this important spiritual observation, I formulated a set of positive, therapeutic affirmations that have to be repeated with the support of will-power and rationality, typical characteristics of the left hemisphere, as well as with the grace of the emotions and the power of intuition of the right hemisphere. Many of the sentences that I propose begin with the affirmation “I want” that serves to spur the male side of the will. Those same sentences must be repeated with the new initial words “I deserve”. These last two words, I deserve, are liberating and strengthen self-esteem, neutralize the inauspicious influence of any sense of guilt and favor the acceptance of good luck and of our natural tendency to enjoy life.

What I am proposing is a practical method which everyone can avail themselves to their liking. I am not presenting a dogma or an ideology, but a few simple instruments to favor your spiritual growth.



## The GREAT I *and the small I*

The GREAT I is the conscience, it is me, you, everyone of us. It is an eternal individuality that precedes birth and continues after the death of the physical body. This I is the soul, our true identity.

The Indian philosophy calls this ETERNAL I the True Self or the Higher SELF. The small I, also called ego, is constituted by the body and the mind taken as a whole and is materially characterized by a mundane identity, a specific name and a particular genetic feature. In this human experience that we are living on the Earth planet, the two “I” coexist with the difference that, in course of time, one of the two survives the other. Playing with the temporary identity of the small I, the True I can temporarily lose his way, just like a child that, playing care-free in the wood, gets lost. Awareness and love guide the conscience out of the existential maze. To keep intact the knowledge of our true being, we must develop the precious quality of wisdom, that is the ability to harmonize with intelligence eternity with impermanence. Therefore, the use of the word “I” is not meant to strengthen the ego and increase pride, rather to awaken the free, individual consciousness and

help her to properly enjoy the wonders of the Great Cosmic Play of Life.

*The 'placebo' effect*

*“The word ‘placebo’ derives from Latin and means ‘anyone will like me’. The ‘placebo’ effect can be attributed to convention, expectation, suggestion, or positive thought. In other words, if the doctor prescribes a ‘placebo’ pill for you and you feel better after taking it, this was not due to the pill, but to your thoughts, emotions, convictions and so forth.”*

*from Healing through prayer by Larry Dossey*

Even if in our practice we should acknowledge the effectiveness of self-suggestion and of the ‘placebo’ effect, the positive result does not diminish at all, the point is the attainment of the objective. Dossey explains that there are innumerable examples in which meditation and prayer from a distance were successful even without the awareness of the one who receives it. Certainly these cases cannot be attributed to the ‘placebo’ effect.

Personally I deem very useful the fact that even the energies deriving from expectations, suggestions and positive thoughts can give good results. Dossey says: “The ‘placebo’ effect is a gift. Why refuse it?”

In *The future of the body*, Michael Murphy writes:

“Today the medical community believes that a ‘placebo’ effect is involved in several aspects of a medical procedure that have no specific pharmacological effects on the organism of the patient. The fame of a treatment, the expectations of the patient, the therapeutic environment and the faith of the doctor in his own diagnosis are all elements that contribute to the therapeutic success. As it has been demonstrated by numerous experiments, even the size, form and color of a capsule contribute to its effectiveness.”

The French therapist Emile Coue` maintained that it is possible to get beneficial realizations both for our health and our character with conscious self-suggestions. “With the Conscious Self- Suggestion”, Doctor Coue` affirmed, “one can drive away pain, sleep at will, have influence on the organic diseases, diabetes, tuberculosis, sciatica, asthma, headache, etc...women can preserve and increase their beauty.”

### *Prayer*

“When I act in my best way, my work is my prayer... it comes directly from the center, from the heart.”

From *The spirituality of the creation*

by Matthew Fox

“It is not a matter of willing the recovery, but to imagine it! Because the imagination always wins over the will.”

From *Self-Control* by Dr. Emile Coue`

All in this life have prayed at least once, even the non-believers pray, maybe silently, looking forward a better life, devoid of misery. A prayer is a set of simple, positive words dictated by the heart and regularly repeated in all sincerity.

Prayer can be a powerful source of healing, a refined form of spiritual elevation. Prayer is also a way to come in touch with higher realities. I have chosen these two testimonies of persons that, after an intense Near Death Experience, remember the journey beyond the body and the right way to pray.

“A good cure against the schemes of selfish thoughts consists in praying to become free from fear, that, according to the teachings of the being of light, constantly deflects our efforts of truly loving. Praying for the grace of love can release us from the most insidious fears, whereas praying for the fulfillment of our desires has the opposite effect, that is to root them more and more. For a prayer to yield full success, it must be directed out of us towards the others, powerfully enlarging our circle of love.”

from the book *Transformed by the Light*

“I asked the Light that I may get rid of my tumor. As a matter of fact, I prayed. And the Light said that what we usually regard as prayer is more similar to a complaint, and that we often implore not to be punished for something that we shall simply do again in the future. It asked me to think of my worst enemy, and I did it, then it bid me to send all my love to my worst enemy. I did it and a sudden outburst of light came out of myself and returned to me as if it were reflected by a mirror... When, at last, I collected myself, the Being of Light said, ‘Now you have prayed for the first time in your life.’ “ (Morse and Perry, 1992)

### *The wish-fulfilling tree*

In India the sages used to tell the tale of the wish-fulfilling tree.

A traveler, who was visiting a holy place, lay down to have a rest under a wish-fulfilling tree. The man was hungry and suddenly thought: “I would really like to have some good food.”

After a while, a village woman arrived and offered the stranger some good food. As he became full, tired and drowsy, he thought to sleep, but had no blankets.

All of a sudden, a shepherd appeared before him and offered him a blanket. Before falling asleep he had strange thoughts: “Yes, I am fine, but I am here alone, someone could even come and kill me.”

As soon as he had finished to elaborate these bad visions, a gang of criminals arrived without making noise and killed him.

The wish-fulfilling tree is our mind, the holy place is our body. According to the Indian philosophy, every desire is a seed which is meant to grow and ripen. If you desire anything, sooner or later it will be satisfied. ‘When’ is determined by one’s own karma, but it is unavoidable. Yearn for becoming a king, and it will happen! In this life or another one, you will be king, but if your karma is not good, then you could be killed or forced to go into exile.

It is better to learn to think properly. We should realize that, if our mind is a wish-fulfilling tree, whatever we think, it will manifest sooner or later. Every thought is an energetic seed that, in course of time, will certainly yield a real fruit.

Sometimes the space between a desire which has been thought and its practical realization is so wide that we do not remember any more that we had planted the seed.

It is our way of thinking that creates hell or heaven.

The mind of our traveler was not clear. The area of shade created a negative vision whose force, like a magnet, inevitably drew negative people to him.

Let us accept this idea with serenity: we are all potential creators of the reality! A clean, calm and joyous mind draws beautiful things and beautiful people, it creates a wonderful paradise. Our greatest responsibility is to love. Let's take care of ourselves nicely and let's offer others the best of ourselves.

Let's remember that we have a wish-fulfilling tree at our disposal, ready, in every moment, to carry out our demands.

*A witness from India on the power of the mind*

“Another memory of the early days has remained, incised within me,” the great spiritual master Paramahansa Yogananda writes in *Autobiography of a yogi*, “literally incised, since even today I have a scar of it. Sometimes my sister Uma used to complain due to a boil on her leg. At a certain moment, she went to take a box of ointment. I smeared a little of that balm on my forearm.

“Why do you put a medicine on a healthy arm?”

“Well, my dear sister, I feel that tomorrow I'll have

a scar. I'm trying your ointment on the place where it will appear."

"Ah! Liar!"

"Sister, don't call me liar till when you won't see what will happen tomorrow morning."

Uma did not get impressed and kept mocking me.

"By the power of the will which is in me, I say that tomorrow I'll have a big scar right in this place of my arm and your scar will be twice bigger than it is now!"

The next day in the morning, I had a big scar in the place that I had indicated and the size of that of my sister had doubled.

My scar was treated surgically. A big scar, due to the lancing is visible even today; on the right forearm I keep a constant reminder of the power that has the word of a man.

The simple sentences which I told Uma, apparently harmless, but pronounced with deep concentration, had had such a deep power to explode like bombs and produce definite effects, though harmful. Later on I realized that the explosive vibratory power could be used wisely to free our life from difficulties, operating in such a way without giving rise to scars nor deserving chastisements."

*We all took birth to shine*

“Will is power. This statement means that, if we want something, we can get it!

The fact that our subconscious – which is wiser than we assume – allows us to will something, means, unmistakably, that we are able to get it. On the other hand, for our will to be really power, or in other words, for our will to be converted in true, effective power, we must know how to will. Knowing how to will is the great secret of life.”

from *The mysticism of money* by Jack Lawson

“Our deepest fear is not to be inadequate. Our deepest fear is to be powerful beyond limits.

It is our light, not our shade to frighten us more. We wonder: “Who am I to be brilliant, full of talents, fabulous? In reality, who are you not to be that? We are sons of God. Our playing in small does not help the world. There is nothing enlightening in diminishing one’s self so that the others may not feel insecure around us. We are all born to shine like the children do. We are born to render manifest the glory within us. Not only within few of us: it is in everyone of us. And when we allow our light to shine, unconsciously we give others the chance to do the same.

At that moment, when we are free from fear, our very presence, automatically, set others free.”

Nelson Mandela

Imagine that you are walking in a quiet, sunny day. The sunbeams touch your body and you feel their immediate effect, heat. The sun gives out photons, a luminous energy that can travel in space at three hundred thousand kilometers per second, for billions of kilometers.

A beam of photons touches your body and rebounds. A person meets you and sees you. Another shows himself out of the tenth floor and sees you. Someone with binoculars looks down from an airplane and sees you and can even take a picture of you. Now even very distant satellites can see you and directly take a shot of yourself while walking. What happens? Their eyes, cameras and video cameras come into contact with the photons. We are able to reflect the photons. They rebound evenly upon us and send forth our image. Our photonic image radiates out of our body and, as we have seen, can be shot even from a great distance.

Just like we give out, on the rebound, photons which are not produced by us, we receive and broadcast thoughts and emotions that are instead produced by us consciously or as a reflection due to our conditioning.

The law of physics of how thoughts and emotions move in the space is still unknown to the western contemporary science, although many American scientists are studying the phenomenon since years.

The ancient Vedas of India tell of very subtle energies, strong and real that can move from a galaxy to another one and from a dimension to another one. The mastery of these energies has been studied by two branches of Yoga: Mantra-yoga and Kriya-yoga. Today, with the modern telescopes, we can see the photons emitted by far distant galaxies billions of years ago. These photons have traveled without stopping, in space and time, to reach us.

The ancient yogis and now even some theoretic physicists concede the possibility that the photons may carry information. In few words: we can use the photons like “messengers” guided by our awareness. Otherwise our photonic image automatically transmits and emanates information produced by the movements of our conscious and unconscious mental states.

We can willingly charge our image with positive information of love, knowledge, strength, compassion, pleasure, mental peace and so forth.

*Meditation*

“In the beginning there was the Word (the sound) and the Sound was with God, nay the Sound was God..”

*Gospel of Saint John 1:1,14*

“The meditation is a pure scientific method. Science is observation, observation of the objects. When you turn to your inner side, it is the same sort of observation, only that you have done a turn of hundred and eighty degrees and you are looking inside yourself. This is what we call meditation. You do not need to belong to a creed. An atheist can meditate exactly like anybody else, because the meditation is only a method to look within one’s own self. The meditation is a natural state of being, a state that we have lost. And finding it again is the greatest joy of life.”

Osho

“If you do external exercises, you must do internal exercises too. If you do internal exercises, you need not practice those external ones.”

ancient Taoist saying

“The evolution of man is the evolution of his consciousness, and his consciousness cannot evolve

unconsciously. The evolution of man is the evolution of his will, it cannot evolve involuntarily. The evolution can be necessary only to whom that realizes his situation and the possibility to change it, he realizes that he has some powers which he still does not use and has some wealth which he does not see.”

from *Fragments of an unknown teaching*

by P.D. Ouspensky

“Willing is deprived of effort. Willing and being become only one thing. Willing is free from every human desire. Willing is an act of pure will. Willing is energy. If the person will succeed in being an intention which is truly clean from every counter-intention, not only he will proportionately take advantage of his own energy, but the personal intention will be aligned with the cosmic intention and therefore with an inexhaustible energetic source.”

from *Infinite Awakenings* by Paolo Oddenino Paris

“Let us suppose to lay on the ground an axle ten meters long and twenty-five centimeters wide: it is clear that anybody would be able to walk on it from an extremity to the other without putting the feet on the ground. Let us change the conditions of the experiment and suppose instead that the axle be placed at the

height of the bell-tower of a cathedral: which person would be able to walk, even for a single meter, on that narrow support? After only two steps, one would begin trembling and, in spite of all the efforts of will, he would unfailingly fall on the ground. Why then one does not fall if the axle is placed on the ground and does fall instead if the axle is in a high position? Simply because, in the first case, the person ‘imagines’ that it will be easy to reach the end, while in the second case, he ‘imagines’ not to be able to do it. If the masons and the carpenters succeed in accomplishing this feat is only because they imagine that they can do it. The only cause of giddiness, in fact, is the image that we make by ourselves to be on the verge of falling down; the image changes immediately into action, in spite of all our efforts of will, and does that the more rapidly the more our efforts are violent.”

from *Conscious self-suggestion*  
by Emile Couè and Raymonde Charpentier

“The Sound is the lock and the Sound is the key.”

Guru Gorakh Nath

I call “meditation” this repetition of positive affirmations because it should not be a mechanical gesture that relates only to the mouth, but a complete spiritual practice. We have the power to create our

reality. The meditation helps to develop, without efforts, our creativeness, which is an inborn natural quality.

The meditation is always a healing experience through which we improve and it can be expressed or manifested in all the situations. The meditation, accompanied by sound vibrations, is very powerful.

“The infinite potentiality of the sound,” Yogananda explains, “derives from the Creative Word OM, the cosmic creative power which is behind all the atomic energies. Any word pronounced with clear awareness and deep concentration has a materializing value. Repetitions of words, loudly or silently, have been found effective in the Couè method and in similar psychotherapeutic systems. The secret lies in the uplifting of the vibratory rhythm of the mind.”

There are various types of meditation, the one centered on silence, very effective and relaxing, and the one that uses sound vibrations.

In this book, without diminishing the value of the other meditation techniques, I recommend strongly the practice of the sound meditation. It has an immediate effect on the senses and on the subconscious mind. You will be able to see good results after only few weeks of practice. According to the Vedas of India, the visible universe manifests through the Sound, exists

and maintains itself through the Sound and then is dissolved to again aggregate itself through the power of the Sound.

According to the Shiva Sutra, this world is a prison and suffering for one who does not know the mysterious power of the sounds, it becomes joy and strength for one who knows and practices the science of sound.

*Suggestions for a perfect execution of the meditations on the positive affirmations*

There are definite Yoga teachings that tend to turn to account the manifestation of our potential. For your consideration, I point out few aspects that can help you in drawing the greatest benefit from the execution of every meditation.

a) Find a comfortable position that can be maintained for at least five minutes; it is essential to keep absolutely still to promote a flowing, energetic communication between the conscious and the unconscious mind.

b) During the breathing, besides the oxygen, which is a fundamental element for the preservation of the human body, we also absorb the prana, the cosmic energy that is present, at various levels, in the whole universe. The prana activates the chakras, the energetic

wheels that compose our vital field.

Close your eyes and breathe deeply three times (referring to the first three chakras), and repeat mentally:

ENERGY IN –during the inhalation

PROBLEMS OUT –during the exhalation

After these breathings of purification, let us continue the meditation on the prana with other four deep breathings (referring to the four higher chakras), repeat mentally:

ENERGY IN –during the inhalation

LOVE OUT – during the exhalation

c) After completing the breathings, repeat the chosen sentence or sentences with your own voice. Every word has to be pronounced slowly and one should pause between one word and another one. The words, when pronounced rapidly have effect especially on the left hemisphere, the pause permits the reception of the message also by the right hemisphere that, being emotional, is more sensitive, here the greatest part of conditionings are hidden. It is in the right hemisphere that disease and health manifest.

Example: “I want to be well.” The continuous repetition of this sentence is always good, and everywhere, to make it really penetrate in the depths of the mind, one should read it as follows:

“I-(pause)-want-(pause) to-(pause)-be-(pause)-well.”

In short, I recommend to you a reading with a dropper, with a calm and reassuring voice.

d) Besides the sentences that I have suggested here, everyone can create some personalized sentences, made to fit his life. The point is to choose simple and effective words, without ever changing the sequence. Just like if it were a song or a prayer, the sentences must be regularly repeated, their essence must be absorbed with serenity and awareness.

e) Nothing happens by chance, therefore you can also enjoy yourself by suddenly opening the book and read spontaneously the positive affirmation that you found, stop to meditate and get the message from the universe. Or you can intelligently program for yourselves a specific sequence with the aim to change one of your mental programs or strengthen a plan or even maintain a pleasant situation which you are already living. These sentences can be used to heal, to improve the quality of life, to expand the horizons of our conscience, to raise the level of our relations and for all the other positive aims that we propose to ourselves.

Remember, thoughts and emotions, when repeated, create habits. Habits, in the long run, create character. Character becomes the basis of our normal behavior; our character can be either our best friend or a great obstacle to the realizations of our desires. Introducing gradually positive thoughts and emotions, we choose to change the energy of the mind for the better. These positive affirmations will become positive habits that will help you to keep high the level of your conscience.

*Note: for convenience of space, many sentences contain only the beginning 'I want'. Every sentence should be repeated, without leaving out or changing any word, with the other beginning 'I deserve'. 'I want' and 'I deserve' will complete your positive affirmations and give strength and security to your actions and to the realizations of all your desires.*



**Chapter One**  
**GOOD CONSCIOUSNESS**

“You are not in this world to live in wealth or poverty, to be popular or anonymous, to be working or unemployed: you are in this world ‘to be’, that is to develop your individuality, your higher self.”

from *Listen to your body* by Lise Bourbeau

“Courage is an essential qualification to achieve the enlightenment. The great ones are those who never fear anything. To be completely free from fear is an important step on the path to enlightenment.”

from *Living with the Himalayan Masters* by  
Swami Rama

Every kind of success, material and spiritual, starts with the full acceptance of our true being; one who denies his own divine identity does not succeed in keeping what he achieves and ends up living badly and out of tune. Remember carefully: what you love and desire as well as what you criticize and hate will probably happen to you. Why? Love and hatred are very deep mental states. They create in the subconscious a lively and strong energetic image that ends up taking shape in the external reality. Remain aware and use in fully the divine energy of love.



I AM.

In every time, place and circumstance

I AM.

I have the courage  
to know myself,  
one who knows himself  
knows the universe.



One of the aims of the life that we are living is the expansion of the consciousness up to the point of getting again in touch with the cosmic consciousness which pervades all the manifestations, visible and invisible. Our true ego is sacred and eternal and is always above our material and mental existence. The Bhagavad-gita explains that the senses are superior to the inert matter, the mind is superior to the senses, the intelligence is superior to the mind and the consciousness is superior to the intelligence. We are pure consciousness and we must foster all the thoughts, emotions and actions that allow us to fully realize our consciousness. When we shall have reached this level of consciousness, life will appear to us in its fullness and in all its splendor. As Kahlil Gibran said, the body is the harp of our soul, it is up to us to draw indistinct sounds or wonderful melodies.

*\* Obviously replace the word 'male' and 'Giorgio' with those that correspond to you.*



I am a free spirit  
who travels  
eternally in the infinite space,  
my life  
never began  
and will never end.

I am living  
a human experience  
on the Earth planet,  
in this life  
I have a male body,  
my name is Giorgio\*.



“We are not human beings that live a spiritual experience, we are spiritual beings that live a human experience.”

from *The human phenomenon* by Teilhard de  
Chardin

Our being is able to understand past, present and future in a unitary way; we are accustomed since ever to live, without stress, in the united time, the eternity. Our life is a spiritual journey to which one can neither give a point of departure nor an arrival. Only the body has a definite beginning and an end. Now we are directly experiencing both the united time and the time divided in three phases. This apparent dualism can bewilder the conscience and stimulate mental questions as for example: what was there before and what will be there after. The answer is: before, during and after, there is LIFE.



I existed,  
I exist.  
I shall continue to exist.



“One who understands the right moment, he is the right man.”

J.W. Goethe

“What we generally identify as ‘sacred’ is actually present in whatever we do.”

Riane Eisler,  
founder of the General Evolution Research Group

There are some periods and occasions that seem to be more auspicious and suitable to take decisions or undertake a project, but if we develop an equanimous spiritual vision, every moment is the right one to start truly living. Both impatience and resignation are to be avoided. Even if the present moment does not seem right, do not hesitate to plant the seeds of your future success. The seeds need water in order to grow, the water of your good attitude and your approval.



Today is  
a wonderful day of the eternal  
time,  
I treat myself  
the best from life.



We do belong to one another, we are a whole. A single individual can become the top, he can become a great wave, but remains anyhow connected with the small waves that surround him.”

from *Tantra, the supreme understanding* by  
Osho

It has been said: ask and it will be given to you, knock and it will be open. The universe serves someone who let others love him. Let us beg with joy the company of the good spirits. Let us give our welcome to angels, messengers of peace, guide spirits, beings of light and higher entities. How to recognize them? By listening to our natural intuition. And if we make a mistake, let us use the intelligence and transform the mistakes in cognitive experiences.



I want the company  
of the compassionate free spirits  
of the universe.

I deserve  
the precious company  
of the free spirits.



“The universe can provide to us all that we need, if  
we only know how to open ourselves.”

from *The Celestine Prophecy* by James Redfield

Choosing to be spirits with an open mind and remaining receptive and attentive towards the innumerable messages that come to us from several directions, it is possible to reach, with a regular practice, a perfect existential dimension where body, mind and spirit operate in harmony.



I want  
from the universe  
all the necessary knowledge  
to awaken my conscience  
of a free spirit.  
I want to live in harmony.  
Everywhere is home,  
the universe is my home.



Instead of passing rapid and rough judgments, let us try to understand the dynamics that bring us to the point of meeting a certain kind of persons. If we meet an unpleasant person, this means that a part of our energy, even in a very small quantity, is 'unpleasant' and that meeting is only a reflection of something which is already within us since some time.

Instead of judging and bluntly barring others, we can choose to transform within us what we clearly see wrong in the behavior of others. In the right meetings we consciously absorb the positive energy of whom we have before us in a spontaneous, non-competitive way. In the meetings of which we do not understand the meaning right away, let us limit ourselves to observe without judging.



Nothing is by chance,  
all the beings  
are linked one another,  
every person  
has a message for me.  
I choose  
to offer others  
the best of myself.



“If you don’t become again children, you won’t enter the kingdom of Heaven.”

Jesus Christ

“To cultivate creativeness, we need security, a good brain and a child-like glance, not childish.”

from *You can find inspiration in everything* by

Paul Smith

Innocence, curiosity and a strong enthusiasm are essential requisites to know and continue to look for. To find out ever more about ourselves and the universe, it is better to tune in harmony the intelligent awareness of the grown-up with the pure innocence of the child.

The universe is a whole (kingdom) with more dimensions (heaven) that reveals itself to someone who looks for it in a pure and enthusiastic way (the child).



I want to keep intact  
the emotions that,  
as a child,  
I was feeling  
for life and the universe





## Chapter Two

### GOOD HEALTH

“Up to some time ago, we considered that the immunitary system were something separate from us, that it was performing its functions automatically, beyond our control. However, recent studies show how the immunitary system act within a Super system that comprises both the physical sphere and the mental one and is marked by two modalities of working: the cold one (yin) and the warm one (yang), of which it is possible to consciously assume control.”

from *Super-immunity* by Paul Pearsall,  
founder of the psycho-neuro-immunolgy

“There is no disease from which someone, somewhere, has not already been healed. What one succeeds in doing, everyone can succeed in. Everything can be healed.”

from *Healing, acting on the conscience for the health of the body* by Martin Brofman

An affirmation that we should never forget: good health is possible, it is our natural right.

The affirmation number 9 strengthens our immunitary system and predisposes us towards our natural tendency which is that of being in good health. Everyone of us needs encouragement and support. Self-induction and self-persuasion have an extraordinary power for achieving and keeping the best physical and mental health. Choosing to stay well is an act of courage, honesty and love. Let us allow us good health and offer others a human being in good conditions. Our thoughts continuously create our reality and consequently determine our state of health. Many scientific proofs have demonstrated the close connection between the central nervous system, the hormonal one and the autonomous nervous one, with the direct consequence that our thoughts and emotions condition the activity of the immunitary system and therefore our state of health.



I want to be well,  
I deserve to be well,  
I choose to be well.



“Even if every person seems to be separated and independent, we all are connected to patterns of intelligence that rule the entire cosmos. Our bodies are a part of a universal organism, our minds are an aspect of the universal mind.”

Deepak Chopra

“Thou shalt love thy neighbour as thyself.”

Jesus Christ

I think that this is the most important Christian teaching and the less practiced one. To be able to see the divine presence in every being which is before us is a sign of a lofty spiritual consciousness. Loving others does not mean denying or forgetting others, rather the opposite, we succeed in loving others only if we take care of ourselves and reserve to others, without reservations, the same treatment that we want for ourselves.



I want  
that the people around me  
be well.



The theory of reincarnation is based on the fact that our subconscious mind records everything continuously. In course of time we have stored thoughts, emotions, desires, tendencies and unsolved problems. The Bhagavad-gita explains that our memories at the time of death determine our next birth.

It is very important, as a continuous spiritual practice, to know one's self and find a satisfactory life style. The key concept is: not to come into conflict with one's own self. We have to live with ourselves throughout the whole life and even after that. To be at peace with one's self is the source of an incomparable power and happiness.



Day after day,  
I am fine with myself,  
life after life,  
I enjoy life.



To recover, stay well and enjoy life are concepts that we all would like as constant music of our daily life. One of the secrets of good health is in the intimate relation that we have with ourselves. Many miraculous recoveries originate from a deep inner conviction. To accept one's self is not a passive action, but a good starting point. If you are not satisfied to be what you are now, then program to become the person you would like to be without ever coming into conflict with your own present condition. The holistic medicine looks at the human being as a harmonic whole. There are no wrong parts, everything can be transformed and improved.



I choose  
to be happy  
and I commit myself  
not to create obstacles  
to the unfolding  
of my happiness



“Pythagoras said that the most divine art is that of healing. But if this is true, then the healing art must think of the soul as much as the body, because no creature can be healthy if her most noble part is sick.”

Apollonius of Tiana (4 A.C., 97 D.C.)

“Everyone of us has a divine mission in this world and our souls utilize our minds and bodies as instruments to accomplish this aim, so that when all of three are working in unison, the outcome will be perfect health and happiness. A divine mission does not mean sacrifice, withdrawing from the world and refusing the joys of beauty and nature. On the contrary, it means a better and full enjoyment of everything: it means doing the work that we love, doing it with all our heart.”

Dr. Edward Bach



I want  
to obtain and maintain  
good health.  
I deserve  
to remain  
in good health.



If we accept the omnipresence of the divine energy, we can easily understand that everywhere is home and that the universe is God's home.

Being well with one's own self must leave out of consideration the conditions of time, place and circumstance. In India they say that a wise man can draw gold even out of a sewer. Every person has some qualities, every place has a meaning. With good consciousness it is possible to find the strength to be well in every time, place and circumstance.

We can choose 'who, how and when' according to our taste of the moment, but it is better to keep an impartial vision towards everything else.



I want  
to remain  
at peace with myself,  
I deserve  
to be well  
anyhow and everywhere



“In a realistic sense, of the ‘here-and-now’, my daily and constant experience of God is to love and serve and give.”

Wayne W.Dyer

“Your religion is there where is your heart.”

David Thoreau

One who really loves life adopts completely the Gandhian principle of nonviolence, or ahimsa. Accepting the biological diversity that exists among the various species and respecting the right to exist that belongs, as a matter of fact, to every living entity brings the individual to the point of developing a great spiritual power.

“In the presence of a being,” Patanjali writes, “that has perfected ahimsa, does not arise any enmity towards any creature.”

All the saints and the great mystics have manifested this power.



I love life,  
in every form  
and manifestation.



According to the yoga, within everyone of us there is a very powerful energy called Kundalini that allows the spirit to live in the whole body-mind. The aim of the yoga is to awaken this energy that flows, from bottom to top, through seven energetic centers, the chakras. To allow the Kundalini to freely flow, one must, through meditation and spiritual practices, free the chakras from the energetic blocks and the emotional dross that hamper their running. When the Kundalini reach the seventh chakra, the spirit transcends his material ego composed by the senses, the first five chakras, and the mind and regains his natural position of a liberated soul, who is fully aware. In this planet we live stimulated by two powerful forces. The gravitational force goes downward, the vital one rises spontaneously upward. Just like a seed, that grows upward, the natural thoughts and emotions tend upward.



I want to live  
in a way  
that is easy and natural.  
I let the vital energy  
flow freely  
in all the cells of my body.  
My body is a sacred place,  
I live in a sacred place.



“The greatest discovery of the age is not that of the electricity or that (though very great) of the relativity, but the fact that man, changing his own thoughts, can change his own life situations. An absurd statement for many of us, who are accustomed to think that life conditions us and overwhelms us, that there are lucky men and unlucky ones; but if this were true? What would it happen to our life if we would convince us that what we see is determined by the thoughts of our mind? Should we be ready to take upon ourselves the responsibility of the quality of our life?”

from *The conscious use of the energies* by  
Rinaldo Lampis

The human potential is tremendous and surpasses our imagination. Everyone of us has a great personal power. Unfortunately, we do not often use it: out of ignorance, forgetfulness, bad habits or lack of incentives. Taking again one's own personal power is the beginning of a new life, a real rebirth. We can start even now by reading this book.



I have the power  
to transform  
my thoughts into actions,  
my emotions into pleasure,  
food into energy  
and work into results



“When we have a firm determination, all the powers of nature come to our aid.”

Babaji

Everything can be healed. Everything can be beautified and improved. As a matter of fact, what has to improve is the way we look at ourselves, life and the universe. Every personal progress begins by assuming responsibility. Without fear, let us discover who we are now, let us start from where we are and become, gradually, the person that we always have desired to be.



I am aware  
of the food that I eat,  
I am aware  
of the words that I say,  
I apply  
to all my actions  
unconditional love.



“Only one thing prevents us from realizing Heaven on Earth: we do not believe that it is possible.”

Patricia Sun

“When the human being ripens, the chakras become developed and each of them represents the psychological schemes that are evolving in the life of the individual. Usually we react against the unpleasant experiences by blocking the feeling and preventing a good part of our natural energy to flow.”

from *Hands of light* by Barbara Brennan



I want  
that any negative energy  
leave immediately  
my body  
and my mind.





### **Chapter Three**

## **GOOD RELATIONS**

While the political heads have kept control through divisions, wars and national identities, the religions have always (at least in theory) preached about being together. Christianity, Buddhism and Hinduism propose the idea of being together as an act of great spirituality.

The word Church comes from the Greek 'Ecclesia' and means assembly, 'being together'.

To the apostles, who were worried for his departure, Jesus serenely said: "All of you, together, can do whatever I have done and even more." Buddha taught the Sanga, the spirituality together. In India, truth and knowledge, or Sat, can be attained only in the Sanga. All the ancient spiritual cultures practiced the Satsang, the truth together.

This affirmation must be repeated as soon as we wake up, it will prepare our energetic field for a series of pleasant meetings. Here the word “right” has no dualistic implications, it exactly refers to persons who are compatible with our energy, our tastes and our levels of consciousness. This sentence is also good before a journey or in occasion of demonstrations in which we are going to meet many people.

Awaiting to meet the right people, accept patiently those you meet. Remember sometimes the words of the Italian poet Dante Alighieri: “Don’t mind for them, but look and go.” Learning to ‘let it go’ relieves us and facilitate good meetings.



Today  
I want  
to meet  
the right people



“Interdependence is a higher value than independence.”

from *The Seven Pillars of Success* by Stephen Covey

The starting point of this book is to know one's self, de-program (from the bad habits) and consciously program again following our will and intuition. If you want to meet the right people, keep your desire alive, be very persevering and try yourself to become the person you would like to meet.

Freely use the method of visualization, both to become definitely your true self and to meet compatible people. Study yourself with love and accept the picture that comes out of it. Nobody is perfect, but we all can enjoy this human experience which is sacred and lovable.



I deserve  
to meet people  
compatible  
with my sexual energy  
my spirituality,  
and my life style.



The mind is a non-local force that interacts directly both with the geographic reality that surrounds it and with physical and mental dimensions which are very distant. The mind is not negative by itself just like water and fire. We use water and fire with discernment although we know that someone dies drowned or burnt. It is of no use to speak ill of the mind or deny it. The mind is never guilty. In case, one suffers if he does not know the mind, has lost its control or abuse it proudly. Using the mind properly is a spiritual art that one can learn and refine by practicing.



My presence  
can do  
only good.  
I am  
an energetic center  
full of love,  
kindness and vitality.



“What is energy? Since long the modern physics has surpassed the distinction between material and immaterial: investigating more and more deeply into matter, up to the sub-atomic level of reality, it has discovered that everything is made of energy. Matter, spirit, emotions are nothing else but different degrees of crystallization of energy. All the phenomena, therefore, participate of a single energetic flux and everything is in constant transformation.”

Barbara Brennan

In the state of mental peace, we are a natural broadcasting station of love and good energy. Mental peace comes from good relations and is guaranteed by a positive, non-clashing interaction with the other living beings. Let us learn to talk together, deal with others, negotiate and find the balance point between various ways and life styles. The unity in the manifold diversity can be realized with reciprocal tolerance and understanding. The one who is more intelligent always go towards the one who shows to be less intelligent.



I send  
my love  
and my good energy  
to all those  
who think of me,  
remember me  
and look at me



Our physical presence, even through photos or video recordings, stimulates the imagination of others, which has often physical and sexual implications. We would be pleasantly surprised or deeply disgusted if we would discover, every time, what the others do with our image. In order to avoid unpleasant 'return' energies, the so-called karmic copyright or royalty, it is better to freely emanate our image. It is a gift that we do others with much love and spirit of tolerance. Afterwards, everyone is free to use or abuse as he/she likes the received gift. If, through our image, we willingly emanate pleasure and wellbeing and this happens without expectations and attachment, then there is no negative karma 'coming back'. Like the sun and the stars, we become brilliant points of positive light.



I authorize  
all the persons  
who come  
in touch with me  
to play  
with my image.



“The entire universe is a living and conscious Spiritual Being of whom we all participate. This global multi-dimensional consciousness - that can be called God or with whatever name we like – is inhabited by aspects of herself, that is by conscious beings, in all the dimensions that one can imagine, and that are beyond the imagination of men. The universe is nothing but one and only vibration, Love. Love wins over wisdom, light, force or energy. It is a creative force that permits the possible and the impossible.”

David Spangler

With a simple energetic alchemy, we can transform our power of attraction in a fabulous magic wand that does only good.



I want  
that the attraction  
others feel for me  
be transformed  
in good health  
for me and them.



The sexual energy is both electrical and magnetic, it can be transmitted and received at a distance. To avoid interferences in one's own energetic field, I suggest a small healing operation of subtle and intimate energetic alchemy. Let us accustom the energy of our subconscious mind to receive the desires of others and transform them immediately into love and good energy. Instead of opposing resistance and putting up a shield, let us bless positively someone who sees in us a source of possible pleasure.



I send  
my love  
and my good energy  
to all those  
that have expressed the desire  
to make love  
with me.



“The consciousness acts, not only within the person, as it happens to the subjects that lower the level of their cholesterol through meditation, it acts even between subjects, as we have seen in the studies that show how the consorts in mourning die more than the other ones. The states of consciousness can help or ruin one’s health.”

Larry Dossey

We can become, it’s enough to desire it, like Santa Claus and every day offer our wish as a gift to others. The energy follows the attention, every good wish is a great vehicle of peace, harmony, love and wellbeing.

My dear wish to you, dear free spirit, who are now reading. May your good desires be fulfilled soon and happily.



I wish  
to all the persons  
that I have met in this life:  
mental peace,  
perfect health,  
good luck  
and much, much happiness.



Once in a while stop, relax, breathe slowly and deeply and let your memories flow, choose a good memory and pronounce this sentence. Let your name, or that of the person who has loved you and accompanied in a beautiful moment of your life, follow the word **dear**. Here I have put my name with the wish that this book can help you to spend innumerable wonderful moments. Good memories are a patrimony of priceless value, a wealth that no thief can steal away from you. The ancient Indian philosophy holds that our next life will be determined by the memories that we shall keep at the moment of giving up this one. Bringing back the good memories to the surface with serenity, avoiding to take shelter in a past which is no more, spurs the inventiveness and strengthen the self-esteem. If we accept, avoiding nostalgia and depression, that we have had in the past the power to create some good experiences, we are left to believe in life and ourselves. We can do it again and even better.



Dear Giorgio,  
with you,  
I have lived  
wonderful moments.



“The universe is based on a dynamic exchange... giving and receiving represent two different aspects of its energetic flux.”

Deepak Chopra

I have always thought that love is the primary energy of the universe. It is a feeling in expansion that extends in a plural way, not singular. My moral and my experience tell me that loving more persons is not a betrayal, I am convinced that jealousy is a dangerous mental disease, fortunately it is curable. It can be cured by sharing with awareness, the eternal unconditional love and the creative intelligence. If you consider love as a precious capital, I suggest this formula to you: everything with one (the person with whom you are in love), much with few (the true friends and the persons who are dear to you), and a little with many ( a little love should be shared with every living being that you meet). If you have not yet found the person with whom to be totally in love, exercise with ‘much with few’ and ‘a little with many’.



I have the power  
to simultaneously love  
many people.

I accept  
that the people  
loved by me  
be also loved  
by others.



I am more than convinced that this life is not the only one, it is not the first one and it will not be the last one. In this life I have met, remembering some meaningful details, some people that I had frequented in previous lives. There are no strangers or unknown people, but spirits like us that have changed the body and sometimes suffer of loss of memories. Love and the desire of good company help to remember. On the Earth planet one could attach a sign-board with written upon: BEWARE. RELATIONS AT WORK!



Every meeting  
is a reunion.  
In the course of eternal time  
I have met  
all the other beings  
innumerable times.  
I love  
good relations.





**Chapter Four**  
**SELF-ESTEEM**

“You must be the change that you want to see in the world.”

Mahatma Gandhi

“To appreciate the value and the importance of one’s own persona in the awareness to be able to rely on one’s self and to act responsibly towards others.”

official definition of the SELF-ESTEEM  
formulated to a Californian work-group  
for the promotion of the self-esteem  
and of the personal and social sense of  
responsibility (1990)

“In every man there are latent faculties through which he can come to the knowledge of the higher worlds.”

Rudolf Steiner

They have taught us to be honest and sincere with the others and this is right, but this way to relate could be the last bluff of the mind, a sophisticated convenient show; the true spirituality, the divine force, emerges within us only when we give up deceiving ourselves. Pretending and acting with ourselves is very bad for health. Clarity and inner transparency are fundamental to happily live every precious moment of life.



I choose  
to be  
honest and sincere  
with myself.



The normal consciousness when we are awake, which we call rational, is only a special kind of awareness, while all around it, separated from a very subtle screen, exist potential forms of consciousness that are totally different... No explanation of the universe in its totality can be considered conclusive if it neglects these other forms of consciousness.”

William James

Programming one's self is not a cold perspective, less human, but a deep meditation based on awareness and a sense of responsibility. It is a gesture of high civilization to offer one's self and others a responsible and autonomous person that does not weigh on anybody. Perhaps some hierarchy is really afraid of someone who is free and independent.



I program myself  
to solve  
all my problems  
in a positive way.



Since ever, a voice speaks to us from within. Let us bring the other noises and the mental chattering to naught and simply lend an ear. We are all gifted with an extraordinary conscious force: the indwelling guide. And it is as if we have within us a bank account that never extinguishes, let us use it in a positive way and we shall be surprised by amazing results.



I listen  
to myself and others  
with care.  
I allow my natural intuition  
to guide me.



Too often happiness is sought after on the outside, in external objects and persons. Everyone of us is a gold-mine, a powerful central of vital energy. We are all rich, rich of ideas, desire to live, enthusiasm and creativeness.

One who knows himself, knows the spiritual essence of the whole universe. Knowing one's self is the greatest and most enchanting adventure, it is natural ecstasy.

“The true success is the experience of the miraculous, the opening of the divinity within us, its perception in every place, in everything: in the eyes of a child, in the beauty of a flower and in the flight of a bird. When we shall begin to live our existence as a miraculous expression of the divine – not in an irregular way, but continuously – then we shall realize the true meaning of success.”

Deepak Chopra



Within me  
I have all the qualities  
and all the resources  
to realize my desires.  
I deserve  
a serene and happy life



“It is not possible to teach anything to a human being. It is only possible to help him to find the knowledge in one’s self.”

Galileo Galilei

“Spirituality is the awakening of the divine in the conscience.”

Harish Johari

Stopping complainig and acknowledging the wonder of the universe and of our own being, let us start the path to prosperity, global wellbeing and happiness. Living well is an art that we can learn to express freely. As a matter of fact, we are all artists, our life itself is the masterpiece that we have to manifest and contemplate.



I give space  
and good energy  
to my imagination,  
my creativeness  
and my natural ability  
to manifest  
abundance, wealth and  
happiness.



“Our fortune depends on how we see things and not how they are in reality.”

Arthur Schopenhauer

There are two ways to face life: misery and simplicity.

Misery: What I have, it is never enough! This is the stressed philosophy of Snow White’s witch: who is the most beautiful one in the kingdom? One who has a billion complains and thinks with anxiety and envy of someone who has more.

Simplicity: I contemplate the universe with admiration and enjoy with joy all the things that life is offering to me. One who thinks in this way is a free spirit and can see that we are in this world, not like owners but happy guests, spiritual tourists of one of the many cosmic abodes. We are divine beings and deserve an extraordinary life. Let us render this life extraordinary with love and by sharing freely with awareness. Let us look for a true victory from which nobody comes out defeated.



I allow myself  
to accept  
the abundance and wealth  
that I deserve.



“ I look at Grey Eagle and ask him: ‘What is the key?’  
With great sensitivity, he answers: ‘Kindness.’ And I ask  
him: ‘How can we learn?’ He answers: ‘With kindness,  
only with kindness.’

from *A long ladder up to the sky* by Rosemary  
Altea

“Following the thought with his heart, he has reached  
the knowledge of the light.”

Rig Veda (3-26-8)

As I have already said, we are simultaneously  
receivers and broadcasters of thoughts and emotions.  
The right recipe is in the moderate dosage of both of  
them.



The right balance  
between my thoughts  
and my emotions  
strengthens  
my self-esteem  
and keeps me gently  
in a state of mental peace.





## Chapter Five

### THE MIND

The mind can be our best friend or our worst enemy, the choice is always and only ours. The mind is never wrong, it is a positive vital energy. Knowing how the mind works should be considered as important and elementary just like learning to walk or to read and write, this ability is essential for one who wants to fully taste the idea of living feeling truly alive.

“Therefore a man has the power to transform an unlucky situation by the action of the magic wand which is his word. Instead of dreariness appears cheerfulness; health takes the place of disease; need is replaced by abundance.”

from *Your word is a magic wand* by Florence  
Shovel Shinn

Inhibition and sense of guilt block the individual in his intimacy. They are a powerful instrument of social control that renders weak and insecure. Whatever does not upset others must be accepted as free expression of one's own being. Personally I consider a tank, a fighter-bomber, scenes of war, death and violence much more obscene than the sight of a male and a female body without clothes. Taking back one's own life means conquer again the natural and peaceful use of the body and the mind.



I want  
to freely express  
my thoughts  
and emotions.



When the mind and the body are not connected and do not fit, a dangerous imbalance starts. This originates diseases and mental disturbances. The body and the mind must work and play together, remaining embraced like two faithful lovers. Every separation must be treated with love and awareness. Besides metabolizing the food properly for making the body run efficiently, it is convenient also to learn to metabolize thoughts and emotions properly for the good health of the mind.



My body  
can give and receive pleasure.

My mind  
can give and receive pleasure.

My body and my mind  
are my dear friends.



Our mind needs positive inputs, sound vibrations and images that are clean, healthy, magnificent and shining. Just like we choose the food for the body with care, let us nourish the mind with the same care and attention.



I am  
peace and calmness.

I am joy.

I am  
freedom,  
love and knowledge.



“Lead me from the unreal to reality  
take me from darkness to light  
guide me from death to immortality”

Brihadaranyaka Upanishad

Love, power (which is not dictatorial) and knowledge are necessary to live well. These qualities can be maintained only by sharing with awareness. Sharing is not a simple gesture of due generosity and free selflessness, it is a conscious act of exchange and noble charity that makes feel well, equally, both who gives and who receives. Among all the therapies, this one of sharing with awareness is the most natural and powerful one.

In the gesture of the Communion during the Last Supper, Jesus, sharing himself, showed the most sublime spiritual teaching.



Life is  
a wonderful cosmic play.  
The body and the mind  
are  
precious cosmic jewels.  
I live  
following the inspiration  
of my natural insights.  
I share with joy  
my pleasure and my power.



“The truth will set you free.”

from the Gospel according to St. John (3.32)

Everything flows, everything is continuously changing. The universe is a mobile reality, it can be seen, touched, analyzed, enjoyed and even transformed. It cannot be owned. We are eternal players engaged in temporary games. Accepting this concept extends our wisdom. Everything goes, everything gets transformed but we, our true ‘I’, remain. We are eternal onlookers of a movie in which we can be simultaneously audience and actors or remain passively simple onlookers.



I accept  
the eternity of life  
and the impermanence  
of every natural phenomenon



“Reaching levels of utilization of the universal forces might seem something supernatural: in reality this power is natural in every man that has revived within himself the memory of his divine origin.”

from *Walking with the wings* by Rinaldo Lampis

Rejoicing before a birth and crying before a death is a strong cultural conditioning that is not present in all the traditions of the world. The ancient Indian philosophy looks at the appearance (birth) and the disappearance (death) of a spirit from the human scene like a spiritual fact of equal importance. The funeral atmosphere does not help the spirit that has left the body in his ‘post-mortem’ journey. Let us become accustomed to respect the naturalness of all the phenomena linked with the flowing of life. Up until death we are alive with a body, thereafter we shall continue to be alive without a physical body.



I look at  
birth,  
life  
and death  
as  
natural spiritual events.



“The condition which is required for the existence of peace and joy is the awareness that peace and joy are available.”

from *Present moment, wonderful moment* by

Thich Nhat Hanh

We are responsible for a very important center: ourselves. Adhering to groups, churches, parties, associations and schools, one tends to forget his own identity and lays the responsibilities on others delegating them to the choice. I am favorable to positive aggregation and suggest to avoid the mechanism of “belonging to...”, it is better to hold on carefully our dear free will.



I choose  
to keep the mind  
open and clear.  
I take  
full responsibility  
for all my thoughts,  
emotions and actions.





## Chapter Six

### LOVE

“Love does not want to have, it only wants to love.”

Herman Hesse

“Love God’s entire creation, every single grain of sand, love every leaf, every ray of light of God. Love the animals, love the plants, love everything. If you love everything, you will become aware of the divine mystery contained in all the things.”

from *The Karamazov brothers* by Fyodor

Dostoevsky

“Every day new wings should sprout. And the new wings can come out only if you raise yourself, extend yourself, grow and fight continuously. You must love continuously.”

Krishnamurti

Love should neither be a projection of ourselves on others nor a physical need of affection and getting fondled. Love is a higher state of consciousness that transcends our selfish interests and personal wants. It is an encompassing dimension of quality where joy, mental peace, physical pleasure, generosity and enthusiasm abound without strains. Love is not material or only spiritual, it is an all-comprehensive attitude that has the power to manifest in every thought, emotion and action. It is not lessened by problems and adversities because it represents the essence itself of every solution and liberation. Love is the life which is lived with freedom, intelligence and kindness.

We cannot love intensely if we are not able to first love ourselves. The energy of love circulates within and without ourselves, therefore loving one's self, loving, and letting others loving us are inseparable aspects of the divine energy of love. Love is a wonderful game that should be done with others and always playing fair, consciously.



I love life.  
I love myself.  
I love others.  
I let others  
love me



I believe in reincarnation, and more than that, I am sure of it due to my specific personal experiences. Like many others, in this life I have had the extraordinary opportunity to remember events that trace back to previous lives. Every birth is, in reality, a re-birth, every arrival is a return. Welcoming the new arrivals with enthusiasm can be the same as welcoming relatives and friends that only a short time ago were dear and near to us. Mankind is a club with more than six billions members and more, every newborn-baby could be an old member and as such he must be celebrated and encouraged to manifest all the good qualities of life. Babies and small children are very sensitive to the subtle energies and therefore they can receive your good energy more easily than the grown-up people. If the baby comes from other planes and other dimensions, then let us give him a warm welcome in the human assembly.



I welcome with joy  
the new arrivals  
in the human assembly.

I send  
my love  
and my good energy  
to all the spirits  
that, along with me,  
are living  
a human experience  
on the Earth planet



The dying, just like the babies, but even with more awareness, are very sensitive. They can read the mind of those who surround them and even to make out the thoughts and emotions that hover in the air. This state of hypersensitivity can, in some cases, increase the fear of one who is facing the natural transit of the departure. Like many doctors, death does not happen in a definite moment, rather it is a phase, a gradual process that reaches its apex when the on-lookers declare that one is dead. The spirit that is leaving a physical body, however, is not always aware of all the delicate phases of passing away. He needs a lot of help and assistance.

Sending good thoughts to the dying is a deep spiritual meditation. We can address them to someone and then we shall mention their name saying ‘dear...I am sending...’ or, in a gesture of unconditional love, address all those who, in this moment, are going to give up their physical body.



I send my love  
and my good energy  
to all those  
that in this moment  
are leaving  
the material body.  
Dear spirits,  
please, receive  
my sincere wish  
of a good journey  
and happy meeting  
with the Clear Light.



“After all it is true that every sound possesses mantric qualities.”

Lama Anagarika Govinda

Certainly you have read the affirmations with love and enthusiasm. Learn to create your own affirmations according to your needs and desires. Never begin with ‘don’t’, as for example ‘I don’t want to smoke’.

Rather formulate the sentence in this way: I choose health, I want to avoid the cigarettes.

Before and during a journey or a holiday, repeat for some days: ‘I want to have a good journey’ followed by ‘I deserve to have a good journey’.

Remember this ‘double’ structure, ‘I want’(thought) and ‘I deserve’ (emotion) and keep a pause between the words.

Feel sure, whatever you will do with love will have success.

Whoever thinks, feels and acts in a POSITIVE way is a great well-wisher of the entire mankind.



I know and respect  
the power  
of the words  
and of the sound vibrations.  
I accept  
the divine power  
of positive thoughts  
and positive emotions.



If your life is polluted by the sense of guilt, do not waste too much time getting angry with someone who has instilled it deeply within you (whoever has done it, most of the times was thinking to do good to you). Just start by yourself a process of liberation and lightening.

Forgive yourself, forgive friends, family members, lovers, educators, associates, colleagues and neighbors and do a clear gesture of love: absolve yourself.

In Aramaic, the language spoken by Jesus Christ, forgiving and erasing were synonymous.

“Only if you give yourself as a gift, you truly love.”

Kahlil Gibran

“Loving one’s self is a love story that lasts throughout life.”

Oscar Wilde

“Love God and do what you want.”

Saint Augustine



I am innocent,  
I absolve myself.



This last sentence contains the sense of the human life, the balance between the two energies that move the universe. If the sweet female energy (yin) and the strong male one (yang) go well together, they guarantee a life filled with good qualities for everyone of us. The two sexes must be seen not as opposed but complementary. To overcome the present situation of conflict and uneasiness between the sexes is perhaps the most important challenge of this century that has just begun.

When our awareness will have reached the supreme level of sharing freely, we shall have found the true happiness. We can only but try! Let us activate reciprocal trust, pure love, creative intelligence, capacity to listen and a very open heart.



I am  
at peace with myself  
and with the female (male)  
energy.  
My life  
Is  
sharing  
freely  
with awareness





## CONCLUSION

“ You are your stimulating and hidden desire.

Your desire is your will.

Your desire is your action.

Your desire is your destiny.”

Brihadaranyaka Upanishad

It has been a pleasure for me to write this book and share this knowledge with you. I have been living for many years in India where I have deepened the ancient knowledge of the Vedas, and in the United States where I have personally met many protagonists of the New Age and of the holistic movement for the revival and preservation of the human potential.

This book is a bridge between oriental wisdom and western pragmatism. The affirmations are a positive spiritual experiment that till now has worked and continues to work nicely. It has given good results to me and to many of my friends. I wish that the repetition of these positive sound vibrations becomes soon a pleasant and effective experience even for you. Let me know what kind of results you will have reached. My e-mail is: [gio.cerquetti@libero.it](mailto:gio.cerquetti@libero.it)



## **LOVE AND GOOD ENERGY**

### **About the Author**

Giorgio Cerquetti is a free spirit, spiritualmaster, philosopher and an expert of ancient esoteric sciences. For more than 40 years he has been practicing and teaching, in Italy and various parts of the world, techniques of psychosomatic self-healing, Siddha-yoga, the science of reincarnation, the power of the positive mind and tantric meditations aiming at the conscious awakening of the vital energy. He has been living for a long time in India, United States and Africa where, besides studying the local cultures, has actively contributed to humanitarian projects.

Through books, articles and radio-television programs, he promotes with much enthusiasm the advent of a New Age, the birth of a planetary civilization free from conflicts and abuses of power.

For information about his books and the seminars that he regularly holds in various parts of Italy, you can contact him directly.

Giorgio Cerquetti  
Via Gradara 10\B  
Marina di Montemarçiano  
Ancona 60016. Italy  
tel.39-338-8400483

Printing.....