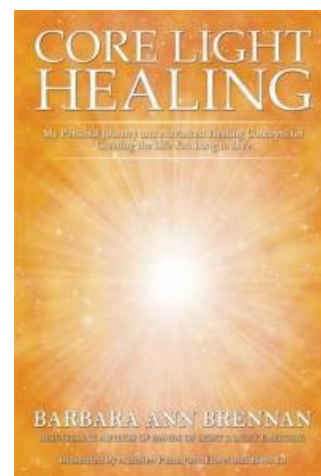


# A Description of Man, The World and The Creative Creation Process

A summary of part 1 in Barbra Ann Brennan's book *Core Light Healing – My Personal Journey and Advanced Healing Concepts for Creating the Life You Long to Live*. This summary is about the creative process on the fourth level and connection with the book *Breaking the code of life* (in Norwegian) by Per Hjalmar Svae and Tone Bell Rysst.



## Chapter 1 – Our Human Energy Consciousness

### The physical and spiritual world

There exists a physical and spiritual world. The spiritual world has created and sustains the physical world. The spiritual world exists in all matter and encompasses all matter. "Heaven" is therefore not "up there", but in us and around us.

There are four layers in creation, the cosmos.

0. Behind everything lies the source, the creative force. This is a black void of undifferentiated teeming life. This void is both in the universe and within the core of ourselves.

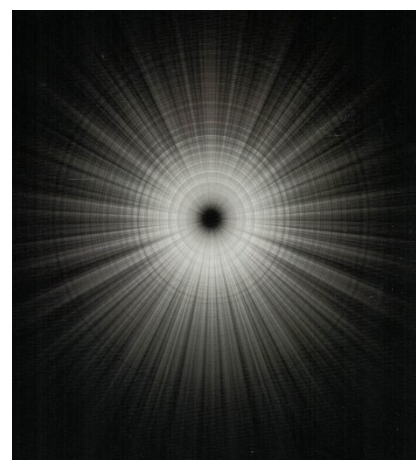
1. Deepest in creation are spirit and spirits, that is, beings of light. They consist of energy that radiates and has consciousness and will. They live as spirits in the spiritual world, which can be considered the normal form to be in and live as.

2. The next layer is that spirits with consciousness, God, angels, guides, souls, devas, nature spirits and other spiritual beings, have an intention, a will to create something. This activates creative power from the black void.

3. The intention creates subtle high frequency energy. If the intention is clear and strong enough to create a critical mass of energy, what one wants is created first in the spiritual world and finally in the physical world, if this is the intention. Spirits can create. We humans can create. The creation process is the same and happens regardless of whether the intention is conscious or unconscious, positive or negative. The universe is benevolent and helpful.

4. The fourth layer is the physical reality that we humans experience and relate to, that which can be measured, weighed and proven. If you want to create something in physical reality, you must yearn for it so strongly that this leads to a fixed intention that creates a critical mass of energy in the energy field (layer 3). This will make what you want materialize.

The subtle energy field can to a small extent be measured with instruments today, but it will probably be possible to do so in the future. But through self-development and daily meditation practice that makes us more calm, sensitive and open people, it is possible to develop an ability to be in, experience and communicate with the spiritual world. Shamans, psychics, Buddhist monks, Indian masters and Christian masters and prophets, including Jesus, have done this since time immemorial.



Tomrommet

The Barbara Ann Brennan School of Healing and The Monroe Institute educate ordinary people to be able to do this, as these pioneers themselves were able to do it while they were alive.

Humans are essentially souls. We are incarnated spirits with free will. It is because we humans have such a living, conscious spirit within us that we live and have consciousness. The spirit (soul) in us makes us breathe (breathe) and the heart beats, as long as we live. In the Norwegian language, this wisdom is embedded in the fact that breathing is called breathing.

We humans incarnate in many, many lives on the development path towards ever higher awareness, responsibility and creative ability as soul, that is, as spirit in the spiritual world. The purpose of an earthly life is for us to develop while we are here on earth. In Barbara Ann Brennan's book *Light Emerging* and in Norwegian in the book series *Å knække livets kode*, *Breaking the Code of Life*, this personal development process is described.

### **Man and the human energy field**

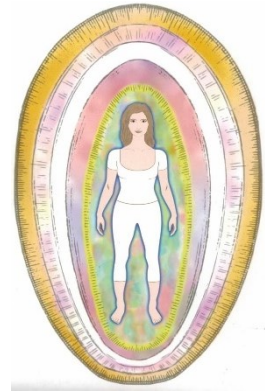
Man as a living being consists of the same four dimensions as all other living things; a physical body, an energy field (the aura), the hara line (the carrier of intention) and the light core (the spirit itself, the light being within us). What we learn from skills and develop into in an earthly life is stored in the light core, roughly in the middle of the body, and appears as talents and tendencies that we carry with us in the next life.

The aura, the human energy field that surrounds the body, consists of seven layers that contain and communicate energy awareness. It is these aura layers that create, contain and sustain our body, along with the physical laws, genes and biochemical processes within the body.

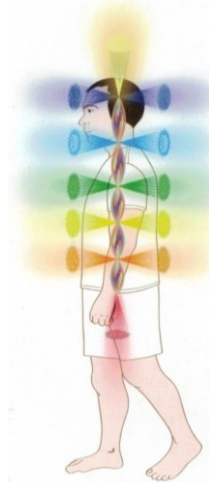
1. The first and innermost energy layer closest to the body is the etheric layer, which is the template for the physical body. This is a structural layer of blue energy lines that gives energy to and maintains the body.
2. The second team is the hara team. It is a fluid, emotional layer that contains your feelings about yourself and what you really want that gives you pleasure.
3. The third layer is the mental solar plexus layer. It consists of yellow energy threads that contain your mental abilities, thoughts and mental perception and communication skills.
4. The fourth layer is a fluid emotional layer connected to the heart. It contains your feelings for others and other things in this world. This layer is also the bridge between heaven and earth, and in the spiritual world is connected to the astral world. It is in the astral world that creation takes place. This happens when a held and repeated thought creates a thought form in the astral world. When this reaches a critical mass of energy, what is created in the astral world is manifested in the physical world. Positive thoughts and feelings based on security and love create positive results. Negative thoughts and feelings based on fear and mistrust create negative results. The universe is benevolent and helpful, no matter what.
5. The fifth layer is a structure layer. Here forms such as "photo negatives" appear. In other words, the form consists of voids, nothingness. The positive "image" appears as form on the ethereal and physical plane, as a reflection of the "photo negative". This fifth layer also contains God's will and what your superego really wants.
6. The sixth layer is a fluid emotional layer. It contains divine, unconditional love and spiritual information and communication.

7. D The seventh and outermost layer is a golden structural layer. It is the golden egg that encloses and protects all people. This is also the energy from, and the contact with, the spiritual world and God/Allah, Great Spirit, the vibrating heart of the Cosmos, or whatever you want to call it.

The image shows the seven aura layers, the energy bodies. The connection between these layers is that layer 7 is the template for layer 3, layer 5 is the template for layer 1 and layer 6 is the template for layer 4. Layer 2 is connected to the hara line, where our will, intentions reside. Layers 2, 4 and 6 are emotional layers. This means that we have three forms of emotions; physical feelings through our five senses, heart feelings and spiritual feelings.

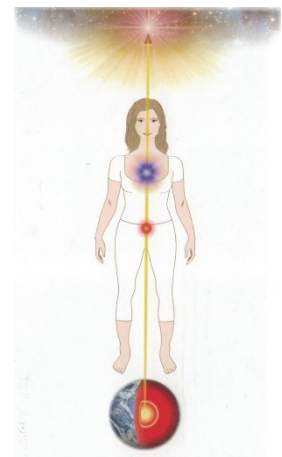


To each of the aura layers there is an energy center called a chakra. See the picture. They are energy funnels, vortices, which absorb energy and information from the outside world. The chakras mainly have three functions. They bring energy awareness to the corresponding aura layer and regulate and control this aura layer, which is an energy body. The chakras are also sensory organs for higher energy awareness (supersensory perception abilities).



A healthy and well-functioning chakra spins clockwise from the outside. If it goes the wrong way, we project and think that others are doing something, when in fact it is ourselves who are doing it. Chakra 2-6 has an energy funnel facing forward and one facing backwards. Those facing forward are organs of communication. Those facing backwards contain our will, the backbone of our existence. In chakra 1 the funnel is turned downwards and in chakra 7 the funnel is turned upwards.

In addition to the aura layers and chakras, we have a vertical energy line, the hara line or line of intention. See the picture. It begins at the ID point, which is 1 - 1.3 meters above the head. In the ID point, the spiritual energy from the source of creation is individualized and becomes our own spirit and soul. This is the silver thread, the spiritual umbilical cord, which makes us excited and alive. It is this silver thread that we move through if we have an out-of-body experience and when we die. The hara line continues from the ID point down through the crown chakra to the seat of the soul, at the top of the chest. This is where the soul is located. From there, the hara line continues to the hara center a little below the navel (Tan tien). Then the hara line continues down through the root chakra, and if the person's grounding is good, the hara line goes right into the center of the earth.



About the middle of the body is the light core, which is also called the life core and core star. It is our individualized essence. What we learn from skills and development during life is stored in this light core. At death this, together with the soul, is ourselves, passing through the silver thread into the spiritual world. There we unite with the part of our soul that remained in the spiritual world while we were incarnated on earth.



## **Chapter 2: The Creative Process of Our Human Energy Consciousness**

In our creative process, we awaken the black void of undifferentiated life within us by allowing it to merge with our longing to create. This only works if we have a clear purpose (intention) that agrees with both our actual longing and the creator's intentions. When we are born, we are given the gift of being able to create here on earth. Each one is born with a unique and very specific longing to create; a life task. It is both the purpose and the reason why we incarnate. As we create in this way, we evolve and expand the expression of the divine essence within our light core, which becomes ever more radiant with each thing we create. We mature as souls.

The creative pulse that emanates from the light core continues into the hara dimension and is transformed there into a creative purpose, a purpose. Hara holds the purpose in place so that the creative process can continue to the next dimension, which is the human energy field (aura). When that happens, the creative pulse is transformed again, this time into thought, feeling and will, which is what creates our physical life.

### **Detailed description of the creative process through the four dimensions**

The creative process starts in the light core where creative energy is drawn up from the black void of undifferentiated creative power. When this energy reaches the light core in ourselves, it is individualized into the essence of what is to be created. This is transformed in the hara dimension into an intention to create what you want to create. If the hara line is completely and fully centered, you create effortlessly, because you do not resist the creative force that flows through it. When the creative force reaches the seat of the soul, it awakens a grand longing, a kind of obsession to create what you want to create. Deep down, we long to create what we came to earth to create, our life's mission.

The creative force continues on from the hara dimension to the next dimension, the energy field. There, the creative power is first manifested at the highest level. If you are in contact with what you are actually going to create, this is experienced as inspiration from the divine and as divine wisdom. If you are in the right energy on the sixth level, you have a certainty that what you want to create will be fantastic, no matter what you have to go through on the way. Possibly you experience it as a kind of ecstasy and joy over what is to be created. On the fifth level, the creative pulse is experienced as free will. If you are also in line with the divine will, you experience the process as a perfect pattern of events and creation.

At the fourth level, the physical manifestation occurs. The manifestation itself will proceed through the three lowest aura layers, and it will go outward from yourself through your relationships on the fourth level. This means that your abilities at the three lowest levels and your relationships will have a great impact on the creative pulse and what is created. If your relationships are good and your energy field is free of blockages on this 4th level, it will be possible to create a wonderful collaboration on what you are about to create. At best, you will be able to feel love for what you want to create and willingness to take responsibility for what is needed.

On the third level, the creative impulse is experienced as thoughts and mental understanding, which is influenced by how mentally developed and experienced you are. If you are aware of the creative power at this level, you have what it takes to manifest what you want to create in the physical world. On the second level, you will experience the power of creation in the form of personal satisfaction through the creation process and to realize and take care of yourself even better. At the first level, you feel the physical will to create what you want, and you will feel a satisfaction in the body and in the physical world as what you want is manifested in the physical world. In sum, the creative force will set in motion thoughts, feelings and will as it passes through the human energy field.

Finally comes the creative power of the physical body and the physical world, which is the fourth dimension of reality. Here, creative power is expressed through our practical actions. The direction and strength of the creative force will be affected by our physical abilities, our state of health and life conditions. The more and better abilities you have developed, the better health and the better circumstances in life, the better you can succeed in creating what you really want and long for. The divine universe is a mutual universe. It is benevolent. It responds to your flowing, creative flow and creates with you. If you block the creative flow, the universe is simply waiting for you to allow it to flow again. If we do not get the effect we want, it is due to blockages or that we have not yet learned how to create what we want to create. We humans are used to thinking and acting dualistically; either – or, for – against, me – you, spiritual – physical, and so on. The more we are able to think and act holistically; both - and, and to an ever greater extent, take care of the whole, the more our creative power will increase and be in line with the divine will.

☐ Our thoughts determine what will be created.

☐ Our emotions give energy to the creative process.

☐ Our will determines the form creation takes.

☐ If all three are not in harmony, what we create remains incomplete.

#### The four phases of the creative pulse

The first phase in the creation process is that the creative power rests in the silence of the black void in our own life core (stasis). The second phase of the creative life pulse is that a creative impulse arises in the core and flows further up through the hara dimension and out into the energy field to finally manifest in physical reality (the expansion phase). Through this expansion, the essence of who you are (the life core) is expressed through the dimensions of purpose (the hara level) and personality (the energy field and chakras), to be manifested in the physical world. The third phase of the creative life pulse is that the creative process has reached the physical level, where it remains and rests in stasis. Here we like to take a break to preserve, observe and reflect on what we have created.

The fourth phase is that the creative life pulse retreats from the physical world to the energy field, further through the hara dimension and back to the life core. Through this, the life impulse takes with it what we have learned and created back to the core of life, our individual self. The end result of the creative process is that more divine essence is created in the life core, that is, light in the light core. There, what we have learned and created continues to exist in eternal rest (stasis). In the next life, what we have learned and created in previous lives will be with us from birth as talents and tendencies. Since we have learned this and created this in the past, it is easy for us to recreate it in a new life.

Deepestly, we are here to become aware of our purpose, which is to co-create with the divine. We are here to learn and raise awareness of the personal process in which we create together with the divine.

### **Chapter 3: Unblocking Blockages in the Creative Process**

Blockages can be found in all four dimensions of our existence. A blockage in a deeper dimension has greater significance, since it is at the front of the creation process and will therefore affect all the subsequent dimensions. All areas where there are imbalances in the creative process are areas where we need to develop as human beings. It is not difficult to find such areas. You just have to ask yourself what you really want and have really longed for all your life, but so far have not been able to manifest.

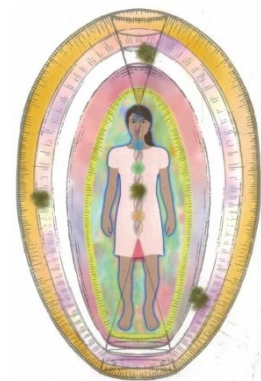
## Blockages and imbalances in the hara dimension

If there are blockages in the hara dimension, this will appear as contradictory intentions (dualism). You want to be an artist, but don't dare because of finances. You want to start your own business, but are resistant to all the work it will entail. You need to take better care of yourself, but you feel guilty about it. You want to create something, but think you won't be able to do it. Etc. Etc. If the intention is two-fold, the creative power will also split in two. Since the two forces counteract each other, little or nothing is created, other than frustration at not getting what you want. The way out of this is awareness of the resistance you have which creates a twofold intention. Doing something about it usually means that one has to go through a self-development process where fear, sadness or pain from childhood has to be processed. In this way, the negative intention, the resistance to something, can lose its power. The end result of such a self-development process is to become a mature adult.

If there is an imbalance in the hara dimension, you will try to force your will through. This can result in you overworking or forcing your will on others. You will have a tendency to be aggressive, which will show if you meet opposition. If the opposition comes from others, you can get angry and shout. If the resistance is from the physical world, you can start cursing and slandering. This is a sign that the hara dimension is out of balance. In the books *Light Emerging* and *Å knekke lifets kode -Veien til det gode liv, coliv und sommen*, different ego patterns are described and reviewed. People who have the strong-willed (psychopathic) and/or overachieving (rigid) ego pattern, would like to have a tendency to force through what they want.

## Blockages in the energy field

A blockage will appear as a dark field in the energy field. See the picture. Such blockages only occur on the 2nd and 4th levels of the energy field. In a blockage, the energy is condensed so that it does not flow as it should. The blockage consists of stagnant energy awareness linked to repressed negative emotional memories. The result is that in the area affected by the blockage, a childhood consciousness has been allowed to persist. An example could be that your parents constantly yelled at you as a child, so that your self-esteem has become bad. As an adult, you still carry a feeling of not being good enough, so that you devalue yourself. Thereby, you have not had the chance to bring out your creative talents either. In that case, this will be a blockage on the 2nd level of the energy field, which has to do with one's feelings towards oneself. At the 6th level, which is also an emotional energy field in the aura, damage will appear as weakness or a lack of energy awareness rather than darkness and stagnation. This means that one has a weak or no ability to experience divine contact, love and ecstasy. The result can be that one has become a materialist or agnostic who has no faith in the existence of a spiritual world.



Blockages in the three emotional layers occur because one or more of the structuring layers 1, 3, 5 and 7 have been distorted in some way. The structural lines in the field may be cracked, worn off, entangled in each other or out of order. This causes the creative energy flow to change direction or stop, so that blockages in the emotional layers are maintained. The damage can also be in the chakras. If a chakra is damaged, it cannot translate the creative energy into what is needed in this area of life and in this step of a creative process. For example, an injury to the heart chakra could lead to problems in love life and in cooperation in a creative process.



Damage in the energy field can affect a person's will (aura layer 1), feelings towards oneself (aura layer 2), the ability to think analytically and sensibly (aura layer 3), relationships with others (aura layer 4), the divine will within ourselves (aura layer 5), contact and feelings towards the divine (aura layer 6) and/or the divine consciousness (aura layer 7). This will lead to a deficiency or weakness in this area of life and at this stage of a creation process. It will also lead to a dualistic view and way of being. For example, a 4th level injury can cause one to trust only themselves and mistrust everyone else. Blockages are also maintained in the body in the form of over-tensioned and under-tensioned muscles, as described in body-oriented psychology and therapy through the books of Wilhelm Reich, Alexander Lowen, John Pierrakos, Lisbeth Marcher and in Barbara Ann Brennan's book *Hands of Light*.

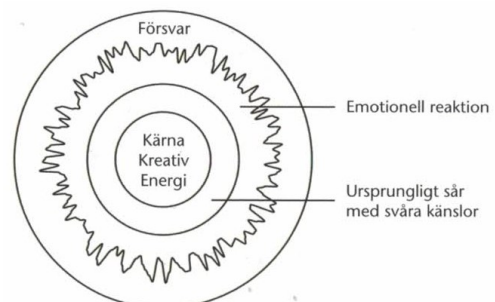
Blockages occur when we experience something that is so frightening, painful or sad that we cannot bear to experience it or to stay in it. This allows us to separate thought from feeling. This splitting of thought and feeling maintains the experience as a repressed negative emotional memory, a blockage. This in turn leads to the rest of our lives trying to avoid reliving such "intolerable" situations. Blockages can arise through a single strong event, for example a parent dies early, so that one then does not dare to bond closely with and love other people. Blockages can also occur over time through the same negative event repeating itself, e.g. that you are constantly scolded as a child, so that as an adult you have a bad self-esteem and a negative self-image.

In addition, similar traumas accumulate in the same area of the energy field and in the same part of the body. In this way, this can grow into larger and more complex disturbances in the energy field and life. The result is that we create a whole way of being and lifestyle to avoid reliving these negative situations. This leads us to seek substitute solutions, such as power and control, instead of what gives deeper joy and satisfaction, which is equality, trust and good cooperation. Such larger and complex disturbances in the energy field are also what create and maintain the various ego patterns/character defenses, which are described in Barbara Ann Brennan's book *Light Emerging* and in the book *Å knekke lifets kode - Vien til det gode liv, samliv og samfunnen*. Another relationship that also creates and maintains complex disturbances in the energy field and life is rigid and fixed belief systems; i.e. literal practice of religion. Growing up within the framework of this means that the child's maturation process stops at what in the book *Å knekke lifets kode* is called having a traditional personality. One never develops into a mature adult; an independent thinking and responsible individual.

It is also the case that if we relive something similar to the traumatic experiences we seek to avoid, the defense of the blockage is activated. It causes us to engage in emotional or irrational behaviour. We become loud, assertive, yelling, angry or furious (fight). Or that the negative energy goes inside ourselves so that we feel shame and guilt, lose self-confidence and become depressed or depressed (escape). Or that we engage in irrational behavior where we quit a job we should keep, cut off contact with a person we love, smash valuable objects or other forms of irrational behavior that backfire and destroy ourselves.

## To dissolve blockages

Blockages can be completely or partially resolved through healing and other therapeutic methods that directly affect the energy field. But the blockage is also in the thought and feeling patterns, the way of being, the lifestyle and our body in the form of over- and under-tensioned muscles. Therefore, the blockage will



likely re-emerge after healing, if this is not also changed. If one is to succeed in dissolving blockages and damage in the structural levels of the energy field, or in the hara dimension, one must therefore also go through a comprehensive self-development process, preferably with the assistance of a psychologist, psychotherapist or coach, as described in the book *Cracking the Code of Life - Book 2: Leaving inappropriate ego patterns behind*.

Such a self-development process means that one must dissolve the automated, built-in defenses that prevent one from reliving the original pain - that which created the blockage and damage in the structural levels of the energy field. Because it is through tolerating reliving and living through the original fear, pain or grief that the blockage is dissolved and the structural levels are healed. By living through it is meant that one dares to feel the negative and think anew about this; namely that one can endure such fear, pain and sorrow as well. In this way, thought and feeling are brought together again and the duality that created and maintains the blockage disappears. An example could be that, as a child, you experienced that once you really made a fool of yourself, your father started violent shouting and blaming, instead of protection and forgiveness, which is what you really needed. Then you hold yourself back for the rest of your life, so as not to make a fool of yourself again. Maybe as an adult you fool yourself again and get scolded and condemned by those around you. Healing of the blockage can happen if you are able to stand in it and feel the fear of permanent rejection and the sadness that others condemn you instead of showing care and forgiveness. In addition, one must decide that it is okay for others to behave judgmentally instead of caring, because that is the way the world is. You can forgive them and still be friends and have a good time together, because it's rare that you make a fool of yourself. In this way, a childhood awareness, that it is important to avoid making a fool of yourself, can be replaced by the awareness of a mature adult. It is that we humans sometimes make fools of ourselves, and for that we deserve forgiveness and not condemnation. And if we are nevertheless condemned, it is no worse than that.

The core of a blockage is always a dualism. Thought and feeling have been split in two. On the mental level, this is maintained through either - or thinking. So every time you think in an either or way, there is a block behind this. On the physical level, dualism is maintained through either - or actions. You think about yourself, and lack care for others or for nature, animals or other things. So every time you take care of yourself in a way that comes at the expense of others, animals or nature, there is a blockage behind this. In other words, we egoists, people in modern society, are full of blockages.

In the book *Å knække lifets kode - Vien til det gode liv, samliv og sammann*, the extent of such blockages in a person and a culture is described through a developmental ladder. At the lowest, Viking culture-like, level, the blockages and dualistic thinking and behavior are strongest. It creates ruthlessness and brutal society. On the second, medieval culture-like, step, the blockages and the dualistic thinking and way of being are somewhat less. There is peace and order in the country. But this is created by the fact that society is permeated by a strict hierarchy in all areas of life, so that some get advantages while most suffer from it. At the third stage, our modern society, the law is finally above those in power and everyone has been given freedom within the framework of human rights, laws and agreements. At this stage of the developmental ladder, the blockages have lessened, but selfishness and materialism remain. This still implies an extensive form of blocking and dualistic thinking and behavior. Only on the fourth step of the developmental ladder does this blockage begin to dissolve. You learn both-and thinking, that is, holistic thinking where all relevant aspects are included in the assessments. On the physical level, selfishness is transformed into both and actions. This means that in everyday life and when making important and difficult decisions, you have as much care for others and nature as you do for yourself. But a blockage still remains. It is the blockage to the spiritual world and the divine will. This blockage is only resolved on the fifth step of the developmental ladder through a spiritual awakening, spiritual practice and way of thinking and living



in everyday life (meditation, prayer, reflection, serving attitude and way of life). In the book Å knekke lifets kode - Book 3: Being in life energy and living from the heart and soul, the self-development process up to the fourth and fifth steps in the development ladder is described. In part 2 of Barbara Ann Brennan's book Healing from the Inner Light and in the book Light Emerging, the corresponding energetic and psychological healing process is described.

## **Chapter 4: Sorting out life**

Blockages and damage in the energy field lead to vicious circles where we seek replacement solutions instead of deeper need satisfaction and life expression in life. Such vicious circles are maintained by four layers:

1. The first line of defense is the unbalanced, but maintained, equilibrium (homeostasis) in the energy field and in over- and under-tensioning muscles that divide thought and feeling. This means that you are not in touch with your real feeling, desire and need in this area.
2. The second line of defense is your emotional and irrational reactions to get rid of what threatens to create a re-experience of the fear, pain or sorrow you at one time could not bear to experience and live through. An example of this might be that you get angry to regain control of a situation, so that you don't relive the fear and pain of being helplessly at the mercy of someone else's will and behavior, which you found unbearable as a child. The hallmark of emotional reactions (ER) and irrational reactions (IR) is that you do not take responsibility for yourself. You accuse others or make demands of others. This is what is called the second step in the developmental ladder in the book series Å knekke lifets kode, characterized by lack of independence instead of functioning as an independent, responsible and mature individual.
3. The third line of defense is to return again to the replacement solutions you practice to avoid re-experiencing the fear, pain or grief you experienced as unbearable. For example, that you habitually put yourself under others, for fear that they will get angry with you. Brennan calls this hard pain, in contrast to soft pain, which is reliving and living through the original wound.
4. The fourth line of defense is that this vicious circle causes you in your energy field to maintain the unbalanced, fixed equilibrium in the energy field - that which reduces your creative power.

Getting out of this involves a transition from being a reactive person who only reacts to what happens, to becoming a proactive, independent, responsible person who, through his own thinking and action, makes the best of the situation. Making the best of the situation means that you seek the satisfaction of needs and life expression you really want and need, instead of the substitute solutions that the blocks and the childish consciousness create. This leads to a creative creation process and you develop into an increasingly mature, wise and capable person. In the energy field, this means that constantly new blockages are dissolved and that damage and malfunctions in the chakras disappear. One possibility might be to seek out a healer who can dissolve blockages in the energy field that create dualistic energy, beliefs and defenses. In any case, the further process consists in replacing the internalized, negative voices in the superego (the inner critic, the selfishness, the voice of fear and mistrust) with a wise, friendly and loving superego. One must also let go of the dualistic thinking we have been taught to do in our culture, and replace this with a reality-oriented, holistic way of thinking (heart and spiritual way of thinking) - what we really need to create a good life and a good culture here on earth .

## **This is how you discover and resolve blockages**

1. The first step is to decide to become aware every time you have an ER/IR. Characteristic of an ER/IR is that the focus lies outside yourself, on another person or on the circumstances. You blame others or something else for your own situation. Or that you have given away your own power and made yourself powerless in the situation. Others have to change for you to feel good. This vicious circle will not change until you get out of this and take responsibility for your own life.
2. It is the person who has an IR/ER who is responsible for taking care of it. It's the same as the saying of wisdom that "it's not how you feel, but how you take it that matters!" Through an ER/IR, you act from a childish, immature consciousness within yourself.
3. The key to breaking habitual vicious cycles is to never try to continue the ER/IR reaction you are in. You only make the situation worse. What you have to do is take a time-out where you get out of the situation. You do that by gathering all your strength and acknowledging that you are in an ER/IR, and then breaking communication in the present. For example, you can say that you want to take a break, in order to come back to the matter in a calmer way at a later time.
4. When you have created a break in this way, you do something else for a while to get back to a good, safe and trusting energy in yourself again. Leave the problem alone. Sleep on it.
5. The legend is that during the break you direct your attention inwards. It is about witnessing (observing) and feeling the fear, pain or sorrow that lies behind the ER/IR, and reflecting on its cause in childhood and its effect on adulthood. This is how awareness is made of the repressed negative emotional memory and the consequences the defense of it creates in adulthood.
6. When you have become aware and come out of the fear, sadness or pain, you contact your heart. By choosing thoughts and actions based on security, trust and care both for yourself and others (holistic thinking), you leave the childish consciousness behind. E.g. How can you achieve good and calm communication about the matter? How can you take care of both the other person and yourself? By going through this process every time you get an ER/IR, you will step by step develop into a more mature, wise, loving, responsible and independent adult who is able to deal with contradictions in a calm and wise way, instead of to become emotional and irrational.

In the book series *Å knække lifets kode*, this process and method is also described, especially in book 2, which is about how to leave inappropriate ego patterns behind. In the book *What in the World is going on - Wisdom teachings for our time* by Penny Gill, the same method is also described.

## **Chapter 5: Tools to recreate your life**

This chapter is the rendering of channelings by Brennan's spirit guide Heyoan, a spirit of high consciousness and great love, and Brennan's comments on this. Here is a brief summary of the main message in this chapter.

As a child, you have no defenses, something adults don't understand. When you are small, you have a strong life force. It flows through you and the body follows it. You run, jump, laugh and scream and disturb the adults. The adults reprimand you. But the child does not know and does not understand the difference between "I have done something wrong" and "there is something wrong with me". In his attempt to do as the adults want, it happens that the child gradually loses contact with his life core and life force and begins to live on the periphery of himself. The creative life force instead goes to maintain defenses and negative ways of thinking that the child develops. In other words, the

energy goes into maintaining the ego patterns as they are described in Brennan's book *Light Emerging* and in the book *Å knekke lifets kode - Veien til det gode liv, samliv og samfunnen*.

Your vicious circles in life are just defenses disguised as life. They are just repeated, unprocessed non-integrated experiences. And yet life always moves on into the unknown. Each moment is new and different from the last. It is a process of constant, mutual creation. Through an intention and a positive choice to move forward with what you want to create, you release vitality from the core of life. This is the power you need to create what you long for and fulfill your life's purpose. All your pain can be healed through this process where you apply the creative power of love that flows through your four dimensions in the creative pulse of life; expansion, stasis, contraction, stasis, expansion, etc. It is the ever-present, creative pulse of life. Hard pain is the pain of resisting the two dualistic halves of your wounds being brought back together. When you go through your resistance and feel the soft pain of the wounds, you unite the two halves again and move on in life, as it really is meant to be. So we ask you, how would you most like to live the rest of your life?