

## 7 Steps To Creating Gravity

### “How To Manifest Your Core Desires And Attract What Your Really Want In Life”

There is one thing that remains a constant throughout all esoteric teachings from the early mystery schools through to kabbala, vedantic philosophy that being a firm belief in the presence of a sacred force based on the geometrical structure of our cosmos that governs both the energetic and physical components of our existence.

There is a sacred intelligence behind our collective consciousness that controls this force. Our human body has several energetic levels that if properly mastered allows us to be able to harness the divine energy that this intelligence dictates.

There are many names for this force, in Hinduism it may be known as the Jeev, in Jewish Kabbala, Yahweh, in Buddhism, the Buddi, and in Christianity the Christ consciousness, From a quantum physics perspective you could say there are more than one forces at work in the universe. The name of one force you may be most familiar with is the invisible force of Gravity – the attractive force that binds all atoms and molecules in the universe.

The force that causes the planets to orbit around the sun in such a perfect geometry is the force of gravity. This invisible force is what causes particles to pull together. Without this force nothing in our solar system would be able to exist. The moon would not be able to orbit the earth, tides would never be formed and molecules of life itself would have never have come together.

Gravity is the true force of universal attraction.

The brightest object in our sky that has been worshipped since the dawn of man and arguably is still the fundamental symbol of all major faiths and religions, without which life would cease to exist is of course our Sun.

Imagine if the Sun could be personified. Would it not be the most attractive person on Earth. What characteristics would this person embody? If the sacred geometry of our universe lays its own map on our solar system, then could this sacred geometry not be identically present within every atom and molecule in our own bodies?

In vedantic philosophy which is the roots of science of Ayurveda, there is a belief that:

As is the atom so is the universe

As is the macrocosm so is the microcosm

As is the human body so is the cosmic body

As is the human mind so is the cosmic mind

In emerging fields of fractal geometry, quantum physics and cosmology, scientists and philosophers alike are more and more proving the existence of this sacred geometry that gives structure to all things and life itself.

So to model yourself on the sun should not feel like such an alien concept because after all the properties of the Sun is within all of us already.

Alchemy is the process of transmutation that has several meanings, one popular notion being the turning of lead into gold.

But many enlightened philosophers have realized that this is really just an analogy of turning your own impure self into pure gold, and what burns with the most golden and pure radiance?

Our Sun

“It burns with a formidable passion with a definite sense of unselfish purpose”

“It shines with a pure light of divine energy that all life is sustained from”

“It works through a rhythm with integrity whose patterns you can always trust and rely up on.”

“Passion, unselfish purpose, purity, rhythm, and integrity manifests divine energy.”

It is those characteristics that make the sun so attractive to everything in our solar system.

If those characteristics are also disciplined within you, your actions will be filled with a divine energy and so you too can attract anything you desire almost effortlessly. Not superficially, but with a deeper value that will provide you with an infinite bliss.

**1<sup>st</sup> Step:**

**We are all one**

The understanding from the deepest center of your heart, soul and mind that we are all one – all emanations from the same singular force that governs our existence. Only then can you realize your true potential and place in this beautiful universe. Only then can you create a divine sense of purpose. Only then can your actions become spiritual as your spiritual actions lead to the easing of suffering of others unconditionally, bringing forth the rejuvenation of

life itself. Like the sun burns, lighting up the earth, saving us from the darkness of night, giving us day, and this energy is the replenishment of our life force

## **2<sup>nd</sup> Step:**

### **Mastering your physical body.**

Your body is produced from the divine energy of our cosmos. Energy exists on different levels of frequency. If you consume things of a low energetic value then that is what you will become. The notion you are what you eat, think and drink is very true. Even thoughts have an energetic value. Eating healthily, breathing correctly, appropriate exercise and purity of thought are the fundamentals to maintaining a purified body, mind and spirit. It is from purity that real long lasting attraction occurs. The pure sun burns with a radiance that all planets are dependent upon for their own daily rejuvenation.

## **3<sup>rd</sup> Step**

### **Purity of Thought**

It is impossible to always have pure thoughts. Even the sun has tremendously violent sun storms. So too does our mind. Our thoughts are a whirling cycle of energetic manifestations from our consciousness. If you view the direction of thought like the wind blowing against the sail of a boat, then you can see how easily a ship can get misguided when it encounters stormy weather. If however you know your destination, you can adjust your sails during stormy conditions where the wind has no sense of definite direction and still reach your destination safely. Every long journey will encounter an inevitable storm sometimes, just like the life cycle of our sun will be filled with sun storms. But the sun still burns with a definite purpose and that is to provide pure energy that brings life. If you can learn to stay focused on the direction you want to reach and learn to master the sail during stormy weather, you will never lose your way.

## **4<sup>th</sup> Step**

### **Align With Your Core**

People are attracted to passionate people. When you meet a passionate person you can't help but to feel lifted by their presence. The inner sanctum of your heart is where passion ignites. When you trust in your heart the core burns and fuels the wild fires of passion. Imagine the core of the sun that burns with all its might. Within your core lies your true identity and purpose. Not the identity

set by others for their selfish needs and wants. When you align with your core you too can bring forth the same life giving light and live life on your own terms.

## **5<sup>th</sup> Step**

### **Perfect Your Craft**

Your craft is the vehicle for which you express your passion. If you cultivate a craft or skill that is the solution to easing the suffering of others then your work becomes a spiritual practice that will always be in demand, giving you plentiful abundance. If you choose to work on your passion and perfect your craft, instead of going solely for material gain, then the satisfaction you will receive will be long lasting and complete. Align with your core and follow your heart, then perfection becomes effortless.

## **6<sup>th</sup> Step**

### **Turn Selfishness Into Integrity**

The supreme knowledge of obtaining lasting happiness and bliss that is held within the ancient mystery schools was based on one premise, the constant daily great work that is necessary to turn our impure self into our pure positive golden potential. Realizing that in order to reach the highest state of consciousness we must first look beyond our own self and seek to serve and help others. Being a true spiritual person is someone who focuses their work on easing the pain and suffering of others, not just existing to serve themselves alone. Like the sun so selflessly burns with all its might to bring life to our planet, so should we selflessly burn and radiate our pure passion to serve others.

## **7<sup>th</sup> Step**

### **Love Without Condition**

This is the by far the hardest step of all. To love without expecting anything back. To do that even for our closest friends and family is no easy task. But to expect that of us with complete strangers is completely out of the question for many of us. The sun loves one thing only and that is its passion to burn and bring forth energy, an energy that our planet is dependent upon for light and life. It may be impossible for us to love everyone and everything unconditionally, but it is not impossible to love what we do unconditionally. If we understand that we are all one, if we master our physical wellbeing, if we

purify our thoughts and actions, if we can cultivate a craft that is a vehicle for our passions that we love to do, if we can work to ease the sufferings of others, if we have a firm faith in the convictions we stand for, then we can cultivate an unconditional love for who we are. This is the ultimate goal and destiny, to love what we do, and ourselves with integrity, so that we always stay true to who we really are. This is how we attract the kinds of people we want and manifest anything we truly desire from our core.

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