

Awaken into Consciousness



52 invitations to realize your
essence and embody
your full potential

Puria Kaestele

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52 invitations to realize your essence and embody your full potential

from Puria Kaestele

May these invitations lead you into deeper levels of your being.

If you like, then join one of these exercises every week. As they build on each other,
it makes sense, to at least roughly follow the order.

You may only read those words, but it will certainly not be as powerful as taking a few minutes
and letting yourself be carried away by the mood and frequency of those words.

It would be wonderful, if you take the invitations of these little reminders into your day.

If you allow yourself to tune into your heart, your being, your evolutionary impulse and your
future potential in this way for a year, this process will change you and bring you towards more
alignment with your essence.

I wish you a wonderful time on this inner journey.



Puria Kaestele



Week 1

Let your body be unhindered and free to feel everything.

Experience your body sensations.

Feel your body from head to toe.

Feel tension, perceive pain or other unpleasant sensations. Realize where your body is soft and relaxed.

Feel the emotions. Allow all the moods that come up.

Do not judge.

Let everything flow as it likes.

Let it come and go.

Be open to anything that life may experience with you and through you. Surrender.

All resistance is in order and does not represent obstacles. Surrender to the resistance.

Become as soft as melted butter in the midst of all resistance.

Expand your perception:

Know, you are not the body - you perceive the body.

Know, you are not your emotions - you perceive your emotions.

Know, you are not your thoughts - you perceive your thoughts.

Know, you are the space where all of this comes and goes.

Stay again and again in this detached, expanded consciousness.



WEEK 2

Become inwardly fine and feel the stream of life in you, the vitality that makes you alive. As often as possible, focus your attention on just this.

Is there a beginning or an end to this stream of life? Is there a place in you where this stream of life is not present?

Let this search expand you in all directions and expand your consciousness. Watch as you become more and more permeable.

Let yourself widen, open and gently.

Realize how you begin to expand your alertness and in that include everything around you. All objects, all sounds, all smells. Realize how all this happens in you. Notice how sounds come and go, smells come and go, feelings come and go, thoughts come and go. See how everything comes and goes in this boundless energy field.

However, what you are IS. It is and is and is.

Effortless, unspectacular, simple, natural.



WEEK 3

Life = love

To live life completely means to live with an open heart.

Does that mean not to feel pain or suffering? No and yes. Life will always bring pain, but if you give up the resistance, it will not lead to suffering. If you allow the pain, let it be in you, so that it can fill you completely, then a door can open, which lets you sink deeper. Then you can fall to a level that's deeper than like and dislike.

If you do not accept life the way you are experiencing it right now, then you are creating tightness and hardship, suffering and resistance. Not the life itself, not the situation itself, not your fellow human beings, cause suffering, but your inner attitude to all this.

Are you suffering, are you unhappy, are you frustrated, are you offended? Then check your inner attitude.

Expand beyond the limit that you make, of what you accept and what you don't accept. Not by fighting, not with hardship, but simply by becoming soft and wide with what you are experiencing right now.

Feel how you are widened.

Feel how life gets more leeway, feel the liveliness within you.

Practice this persistently and patiently.



WEEK 4

Always take time to tune into nature. Stay outdoors as much as possible, ideally without many people.

Take in the quality, the atmosphere, the vibration around you. Do not think about it, feel it. Allow your awareness to sink to a deeper level than your body and senses. As you perceive, allow your interior to resonate with the nature around you.

Don't make a big deal out of it.

It's easy.

Do not be a nuisance in this simple act.

Meld with your environment.

Be invisible and permeable.

If you move, do it very slowly and above all gently, without disturbing nature, without disturbing the air. Yes, exactly - your movement your way of being will become more and more refined.

Insert yourself completely, be inconspicuous, as if you would not exist.

How does that feel? What does that do to you? What does that do with your environment?
Be open and awake - do not seek answers - feel.



WEEK 5

Take a few minutes to relax your body, mind and spirit, let it come to stillness.

Breathe deeply. Allow your breath to expand gently. Be especially open to the qualities of peace and quiet.

Now pay attention to the structure and density of "I" and "MY".

What does that trigger in you?

Realize what happens to the thought "I". Do not think about it, notice how your body, your senses and your energy field are behaving. Experience on all levels.

Do not judge.

Do not search for something specific.

Then tune in to the formless, the timeless, the eternal, the nothing.

Observe how the clinging to the structure of "I" diminishes the more you tune into the space. Allow this condensation to dissolve and give way to the experience of emptiness, space, and nothingness.

Take time to experience this difference again and again. Realize the "I" and then perceive the "NOTHING".

How do you experience that? Investigate openly and curiously. Let go of expectations.



WEEK 6

Recognize that there are currently several challenges.

Be with them.

Nothing is wrong with that.

Have compassion for you and all involved.

Be aware, you are not the body sensations like tension, pressure, fatigue, superficial breathing etc.

Be aware, you are not the emotions with its changing moods. The feeling of overload, an irritated nervous system, reactivity etc.

Take in all movements and squalls without judgment - with an open heart.

Know you are that which is eternal.

Know that you are what is untouched by all movements, no matter how stormy they may be.

Know in the storm the tree strengthens its roots.

Each challenge is an invitation for you to grow your roots even deeper into the ground.



WEEK 7

Connect with your body.

Stretch yourself completely into it.

Bring your alertness to all areas of your body.

Check if there is an area, a place which your attention does not reach.

Focus your attention on this hidden area, as if the sun was shining on dewdrops.

Gentle yet steady warmth of the sun, the condensed drops gradually dissolve.

That's all.

You do not need to do anything else.

Keep doing this in different places, for as long as necessary, until your whole body shines and relaxes in the light of the sun.

Stretch relaxed and effortless into your whole body.



WEEK 8

Be alert and honest in your introspection.

In the long run, you would not do good with insincerity.

Feel pleasant and unpleasant sensations in your body equally.

Do not judge.

Do the same with your feelings and your thoughts.

Be present and do not interfere.

Let everything be there and give the now your whole attention and your open heart.

Trust that, what you need is always provided for you and what is too much will leave. Your heart is capable of doing that.

For that – allow it to relax. Take a deep breath.

Give your life to your heart and allow the big picture and everything else to surrender to the flow of unity.



WEEK 9

Take your attention inside. Relax into your different coarse and fine body levels. Then stretch that relaxed posture beyond your body. Let this presence flow into the space that surrounds you.

Now let a memory of your master, a role model or idol arise to you. Open for the love to him / her. Bath in this love.

Note the gratitude for the inspiration and support you receive.

Be aware of the gift of his / her existence.

Feel the love that unites you.

Allow that what prevents you from being how he / she is to rise into your consciousness. This can happen immediately or in the course of the next few days or in your dreams. Be present, whether it is a picture, a feeling, a thought, a behavior, an experience, a story or something else. Be in an open, accepting attitude with it. Do not judge yourself for it.

Meet this "obstacle" with compassion and be grateful that you can see it now.

Your presence and loving attitude are the light and the warmth of your consciousness that can melt this obstacle effortlessly.



WEEK 10

Engage in your entire body system and allow feelings of fatigue to be there.

Realize how you can fully let go, when it's okay to be exhausted and the sensation can just be there.

Let yourself sink more and more into being exhausted and allow yourself to widen and open.

Feel how softness spreads in you and can simply melt densities and hardness. Like butter that softens in the sunlight.

There is nothing to do, it happens by itself.

Notice how you can become soft and wide, recognize and experience the space in you and the spaces in between where you can experience and recognize the same sensations.

Shift your attention from the content to the space where the content appears.

Watch how your body, mind and spirit respond.



WEEK 11

Take two to three deep breaths and allow your attention to arrive in your abdominal and pelvic region as you exhale. Be there with your attention, come to rest and anchor yourself there.

Then walk with a small part of your attention through the rest of your organism and observe without judgments what you encounter. Are there tensions, pain, activities, feelings of well-being? Allow everything to show up easily.

Do you also perceive the state of your emotional body? Is it calm, agitated, charged?

Then walk to your heart with the intention of opening it. Your heart is open to everything you are experiencing right now. Allow your heart to be touched by this gesture of having compassion for all it is feeling.

Your heart loves to be open, that is its natural state. You can help it get back into that attitude. Just by remembering to be open, no matter what you are experiencing.



WEEK 12

Intended to be fully awake in everything you do. Go through the day following the motto of a Zen master: "When I drink, I drink. When I go, I go. When I sleep, I sleep. "

What makes this attitude possible is that you engage with your whole being in the moment. Allow your undivided attention to be totally in the present, be it activity or non-activity.

Do not judge if you are getting distracted.

Just redirect your awareness to the present moment. You always have a new opportunity to do that now, and now, and now.

Be lenient with yourself. This is a simple yet difficult exercise.

Allow wakefulness and kindness to accompany you through your days.



WEEK 13

Draw your attention inside. Without interfering, let your breath flow in and out. Sit with the question: What does inside mean, what does outside mean? Do not search for answers. Be open with this question.

Connect with your center and your different levels of being. Allow your breath to move freely through the superficial and deeper levels.

Realize that your consciousness has no limits, neither within matter, nor outside in space and time.

Be aware that consciousness is connected to everything, that consciousness is what lives in everything and connects everything.

Yes, that you are everything and that there is no separation in essence.



WEEK 14

First of all, bring your attention to yourself and to your inner self. Make sure that your entire inner body is filled with mindfulness, not just special regions.

Feel within yourself and perceive affirmative and negative voices and inner attitudes with a neutral approach.

Then ask yourself: Is there a longing that wants to be seen and heard? Do not rate it, do not censor it.

Next, imagine the fulfillment of this longing. Feel what it's like to get this fulfilled. Bathing completely in this fulfillment. Allow yourself a few minutes to feel completely refreshed in it.

Go one step further and listen to whether there is a longing in your heart center, except that it is unconditionally open and wide?

Be with the question: How would my life feel and unfold, if I could be unconditionally open and satisfied, no matter in which life situation I am?

This is not really about answers, but about being open with this question.



WEEK 15

When a situation or thought causes pain to arise in you, feel the pain. Observe your body sensations and your feelings and make yourself completely available for the pain. Do not go into stories, do not look for explanations or solutions. Take it, but do not take it too seriously at the same time.

Take good care of yourself and take care of what will help you to fully engage with the reactions of your organism.

If you succeed, how do you feel afterwards, relieved, freer, wider?

What valuable message does your pain contain?

Your pain and your being use the same paths in you. When you try to protect yourself from pain, you also isolate yourself from your being.



WEEK 16

Take time to calm down. If there is restlessness in you or around you, let yourself be quiet in the center. Relax and let yourself fall into your consciousness.

Open your heart and everything you can open.

Find your basic okay with what is. Relax and ask yourself: What if I totally agree with what I'm doing and experiencing now? What If I could accept life as it is now?

Be subtle and alert and listen to your reactions.

What's stopping you from going through your life in that attitude?



WEEK 17

Notice your breathing in and out and feel the present moment again and again.

Now - Now - Now

Serve life, make yourself completely available to life for experiencing the now through you.
What form, appearance or color the now has is completely meaningless.

Say inwardly:

So breathes life (Existence, God ...), that's how life feels (existence, God ...), so does life
(existence, God ...) act through the human form, which calls itself (insert your name).



WEEK 18

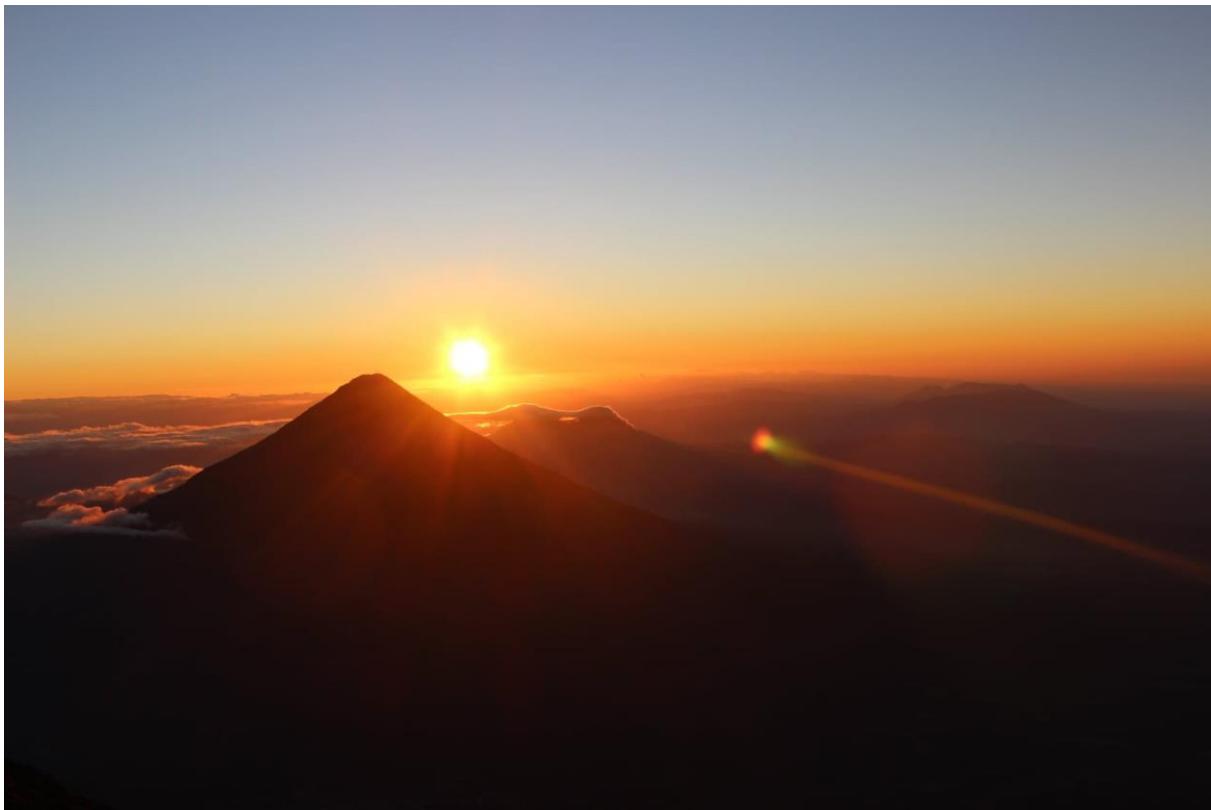
Connect with your inner yearning to fully unfold your authentic, natural, innocent being.

Become finer and feel the frequency of your potential. Let yourself be taken over and lifted by this vibration again and again.

Have compassion and patience, you're on your way to make a shift.

This is not about improving your personality, but about engaging yourself in a new level of consciousness.

It can scare your personality, feel it, that's okay, and it's not an obstacle as long as your attention remains focused on the new that may reveal itself.



WEEK 19

Start sharpening your perception.

Pay attention to when your attention is tied to movements, emotions, thoughts and experiences of your personality and when you go deeper through your open heart and relax into your essence.

Practice letting go of the identification with your self-image and your beliefs.

Question yourself to knowing who or what you are. Instead find out: Who or what am I?

Keep shifting to the center of your being.

Remember, this can be uncomfortable or frightening for your conditioned self, your personality, as the personality loses meaning, control, and power. That's okay. Do not worry about it. Perceive it and expand.



WEEK 20

Be aware that the perception of being a separate self is an illusion.

Draw your attention to the common, the connecting.

Be with the question: What is the same in me and in my counterpart and in all people? This does not mean opinions, likes, dislikes or behaviors, not even the comparison with certain people. But what is the same in every being of this creation?

Another question may be: What is it that makes me and you alive? Tune yourself into it. This is similar to the waves in the ocean, which are not related to their shapes, their size, but to their wetness.

Feel what it does to you when you relate to the fundamentally common.



WEEK 21

Thank you for being born to a new person.

We are all in the middle of a fundamental change.

How can you fundamentally let go of who you are now?

Without knowing what's coming, who is going to be. Simply "only" because you sense that you are in a process of change and that it feels right to soften into it. Because you feel that the seed that is in you, wants to unfold and you know it will.

There's no way around it. Just as the nine-month-old baby will leave the mother's womb. Equally certain is your new birth.

Give yourself to this certainty that lies beyond your understanding.



WEEK 22

Be watchful for automatic and addictive behaviors that pull you into habits and beliefs. Feel the tenacious character, the dullness, the heaviness and decide to resist this pull and to change the direction.

Do not turn around, into your past. Stay ahead and relax into your heart and your essential self.

Knowledge is not necessary, you can not know what is coming and how it will unfold as you are raised to a new level.

Allow a higher order to work and organize, you can not control or need to do anything.



WEEK 23

Be picky with what you think you believe in. Watch how your deeper nature reacts.

Choose those thoughts and actions that will make you swing in joy, hope, expansion, healing, acceptance, compassion, love and being nourished.

Even if you have something to do that you do not like very much, tell yourself: I choose to do it now, I want to do it now.

Before doing anything, make sure your heart is open. Take some time to feel the nourishing current rising in you, feel this open-mindedness. Sometimes you have to tune in very subtly to feel the subtlety, sometimes it's like a powerful flow of lava running through you.

Only then start to do something. Your actions will be the expression of your heart and your connection.



WEEK 24

Take radical responsibility for your thoughts and actions. Become the master of your thoughts, moods and actions. Put down the sacrificial pose.

Stay with your attention in your open heart. Remember, this is not effort or harshness.

Gentleness and doing nothing are the keys.

It's similar to the moment just before you fall asleep. Where you let go of everything, where your whole day disappears, your thinking, your body.

Extend your attention far into the awareness of your being.

In this relaxed, present attitude sometimes very clear impulses appear, on what is to be done now.

If there are no impulses for action, enjoy the rest and not-doing. When troubled thoughts come, be aware - nothing more.



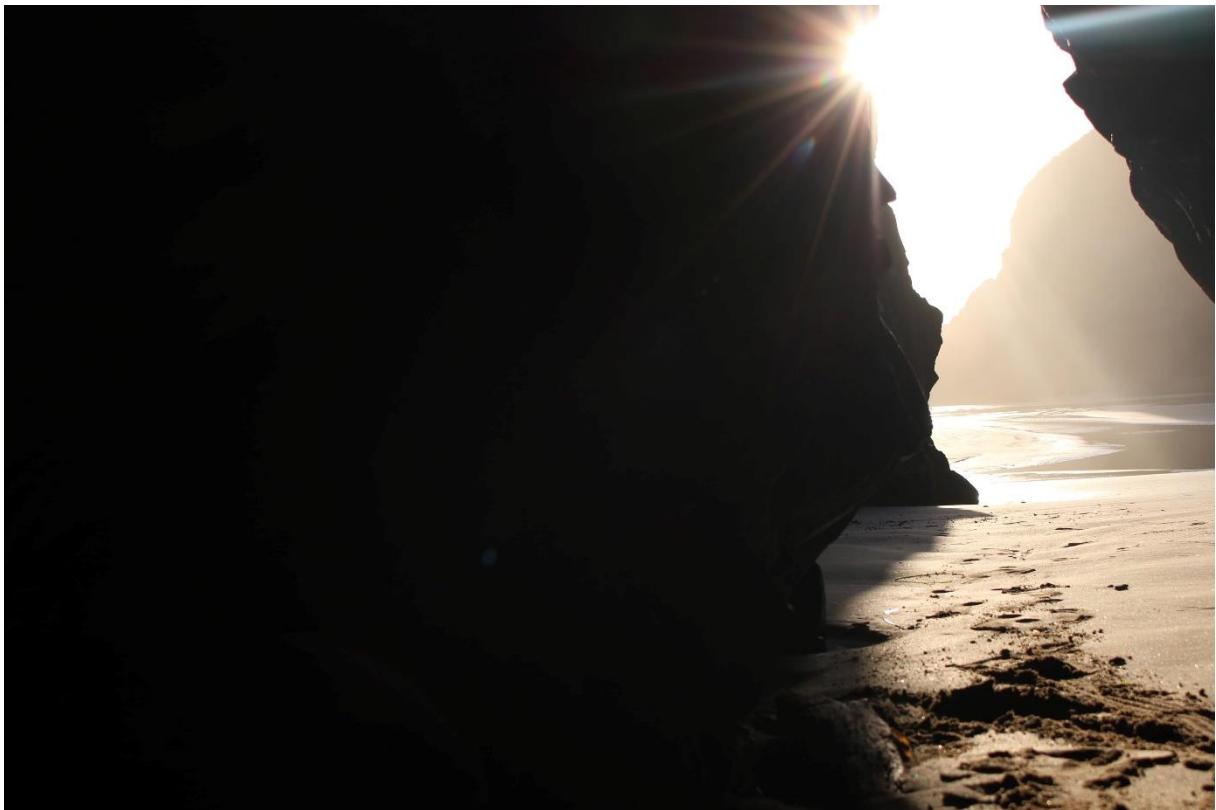
WEEK 25

As you evolve more and more out of the atmosphere of your conditioned self, it can lead to some changes. Your circle of friends, your living environment or your workplace may no longer match your advanced state of consciousness.

Allow this to mourn. Feel the sadness about what is going on and possibly also fear, about what comes and what is not yet tangible.

This is human and at the same time no obstacle.

Look ahead and open yourself to the unknown. Know everything unfolds according to your innermost truth.



WEEK 26

Know about the power of your intention. Through this you can create reality and become a conscious co-designer. It is essential to learn to go deeper with your awareness through the surface layer of your personality.

Keep returning your attention to the core of your deepest knowing, not your mind knowing. This deepest knowledge can be tiny. It can be no more than: I am.

Stay in a relaxed attitude.

In the future you will have completely different powers available to you. Letting go of your identification and opening into the unknown supports your further development.



WEEK 27

Like in the computer world, as a human being, you always receive updates. To stay in the computer language, so that they can be installed, all programs must be closed. What does that mean for us humans?

Allow yourself a few minutes of complete relaxation and letting go. Ideally, every day. Just lie down flat and make yourself wide and open.

Try not to interfere, which is trying to understand anything or to somehow classify and certainly try not to control.

In this way, you can always synchronize yourself with the "higher order".



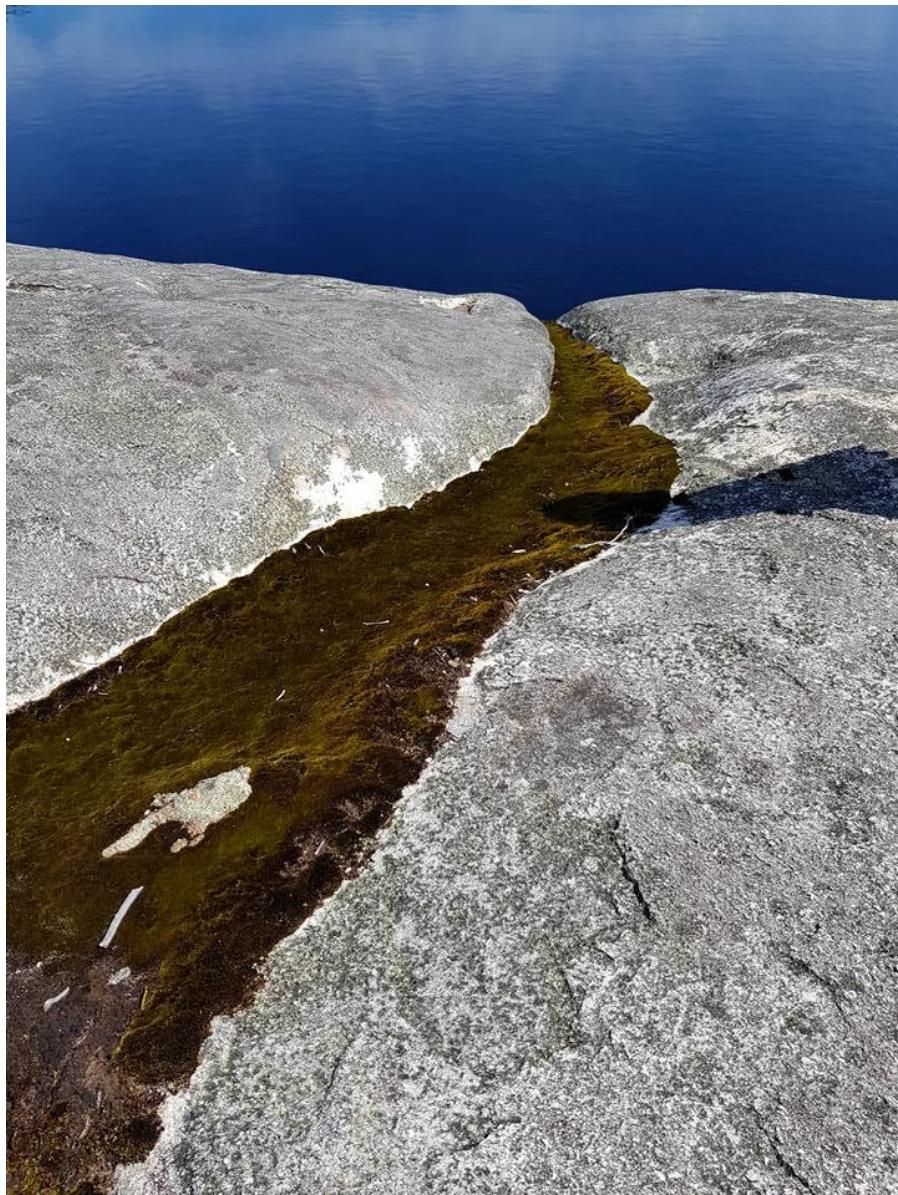
WEEK 28

Keep your attention on your deepest knowledge. You will notice how this lifts you to another frequency. Feel how that presence supports you.

The experience of feeling separated can be completely dissolved by this vibration.

Your highest potential takes care of the alignment and synchronization of your various levels and causes a fundamental change of being.

Dedication - Openness - Softness - Gentleness will help you.



WEEK 29

At the level of your essence, you are beyond time and space. In this eternal Now, everything is contained, it is also called the Akasha field.

This can lead to confusion. On the one hand, you notice how you unfold within the concept of time and, at the same time, you are aware of your timeless nature.

The perception of your body can also be very different, on the one hand you feel your material body and simultaneously, you perceive yourself as an energy or light being.

Allow yourself to be with these differences and have compassion for your intellect, as this can be difficult to grasp.



WEEK 30

Anything, that does not work well in your life and that is out of harmony with your universal nature, will become even more unpleasant.

Leave behind everything that does not support this path of development.

Fully indulge in the attraction of the unknown and trust in the higher order that is most likely still hidden from you.

Have compassion and be gentle with your personality, for which all this can be very challenging.

You are, so to speak, on the way to leave the comforting womb and to be born into a completely unknown reality.



WEEK 31

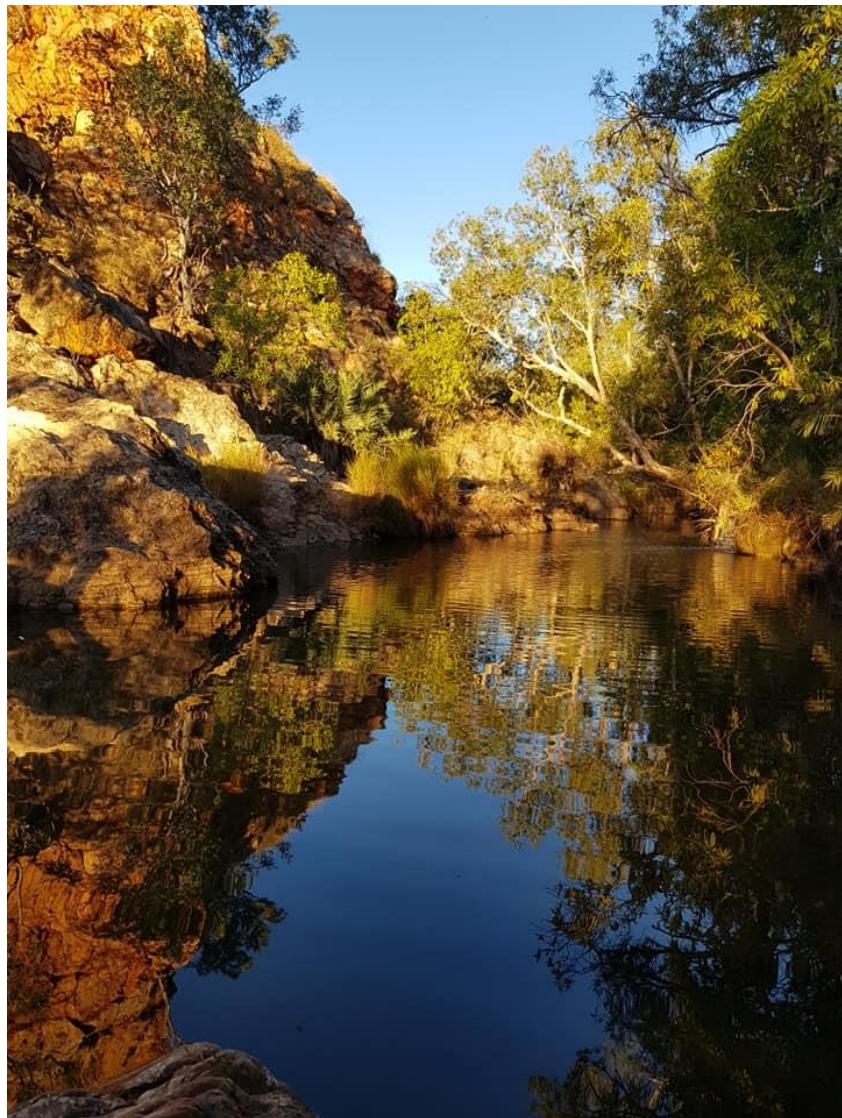
Have understanding and compassion with your personality. To it, the familiar and known world disappears more and more. This can cause anxiety. It can be restless and dissatisfied.

But be aware that your body and personality are meant to express the nature of your Universal Self in the visible world.

Make sure that the impulses of this expression spring from within you.

Be also watchful that your actions promote your being and vice versa.

Choose an environment that will support you in your deployment process.



WEEK 32

Watch your mood. If your attention is focused exclusively on the level of your personality, you can easily feel meaningless, empty, or even depressed.

Often, we will then be active to counteract this. Do something to distract us or to raise our self-esteem. Both are strategies to not feel the basic lack.

Instead, focus your attention on your heart center, become soft and gentle, and tune into the connection to all living things. Take in the very fine and subtle streams. Feel the gentle significance within this invisible, subtle sensibility.

Stay in that consciousness as often as possible.

It contains the simplest and yet nourishing significance without any action.



WEEK 33

As your development progresses, your nervous system can become increasingly sensitive, allowing it to respond to your own thoughts.

Be in a loving and compassionate attitude towards your nerve cells and embed them in soothing frequencies.

Also, it is helpful not to worry about the contents of what your nervous system registers. Do not take that too seriously.

Do not see it as your sensitivity, but give it over to your essence and existence as such.



WEEK 34

Know that if you are dissatisfied, critical, and in some way negative, then your consciousness identifies with your conditioned self.

Compared to your essence, the conditioned self is always deficient and inferior.

Remember your humanity. To which you have access, while you can melt hardness, resistances, inability and attachments like butter in the sun.

Then your consciousness becomes deeply human and that is nourishing and fulfilling.

Stay in this inner presence and everything moves into the right perspective.



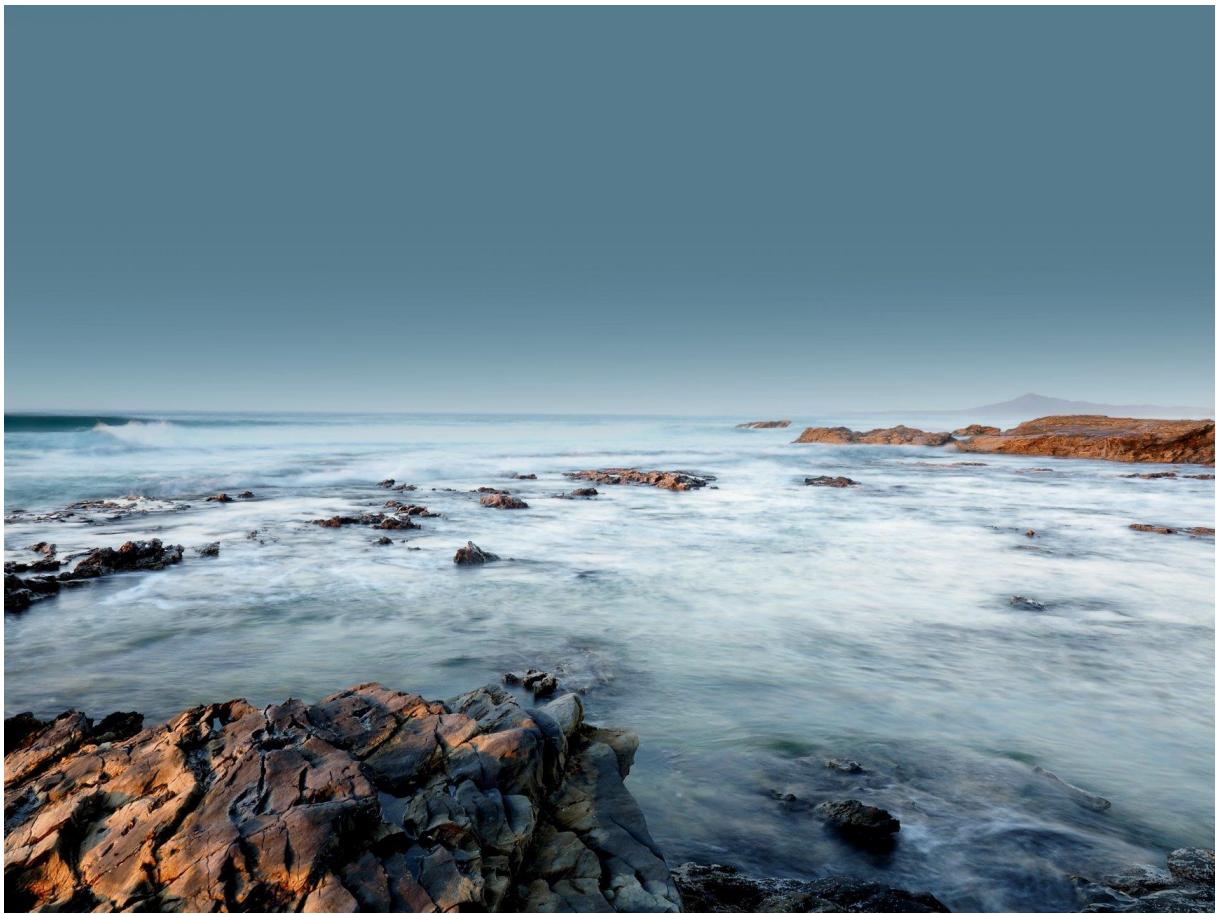
WEEK 35

Be mindful of how beliefs and conditioning create harshness in you. Notice how you get tense, if you think something should be like this, somebody should behave in a certain way or refrain from doing something else.

Be alert to the striking and subtle tensions that are triggered in you.

When you notice that, allow yourself to be gentle and soft. Let go of your ideas, expectations, insults, being offended, etc. Do not judge these mechanisms, but do not continue to nourish them.

Practice gentleness with you and with others. Which does not mean to say yes and amen. Borders can be softly expressed and demanded without injury. Implementing this requires a lot of sincerity and sensitivity.



WEEK 36

Be prepared for new kinds of functions of your being.

Just as a newborn will rediscover its senses, so will you, as you enter the limited consciousness into a new reality.

Your Yes to your evolutionary impulse leads you step-by-step to the right places with the right people.

Stay tuned into the big picture and follow your attraction and joy.

Your deepest heart's desire is divine.



WEEK 37

If you are aware of your deepest being, be open to the love that comes from it.

But do not hold onto it, because there is another love relationship waiting for you, beyond being.

Maybe you can feel the subtle pull of progression and feel it continue.

Give in to this attraction and be receptive to impulses.



WEEK 38

You are on the path to your next stage of development, transcending beyond your limited, conditioned ego and even your being.

The next steps are to completely integrate, contain, inhabit and grow beyond that.

It helps you align with your highest potential. Like a seed that already contains the finished picture of the plant.

Be open to its impulses and leadership.

In that you can finally become a universal consciousness incarnated in all levels.



WEEK 39

Make sure that your actions do not spring from mental ideas or plans. Above all, make sure they are not motivated by fear or greed.

Rather, tune into the big picture, the higher order, the evolutionary impulse, and feel what might unfold from this correspondence.

Take your time in this process, maybe you have to stop over and over again.

This requires a fine, inner sense without it having to be understood immediately.



WEEK 40

Here comes a valuable exercise for orientation in relationships, where you can practice awareness and consciousness with each other and through each other.

When one of you notices how the other is either entangled in unconscious action or in negativity, then he says "stop", and every action and every word must be immediately interrupted. This is a mutual agreement that you hold.

Then you relax your attention, become gentle and soft, go into your hearts and deeper, until you feel that you have landed in your essential selves. This can manifest itself in your body in different ways, such as physical softness, a comforting warmth, gentleness, a tingling inward streaming, feeling connected, feeling touched in the heart.

Then go on with your doing or speaking, which is now rooted in nourishment.



WEEK 41

Pay attention to what you represent. Whatever gets your attention, what you believe in, what you embody. To be the being that you want to be, because you know that this is your deepest true self, you need to be it moment by moment. In what you think, what you feel, what you want, what you say, what you do.

Pay attention to who or what you are, is it what you deeply know you are?

Pay attention to the distinction between understanding and knowledge. You do not need to understand what you are, it's about knowing what you are.

Relax into your essence and let it express itself through all your forms and become visible.

Let it look through your eyes, speak through your voice, act through your hands.



WEEK 42

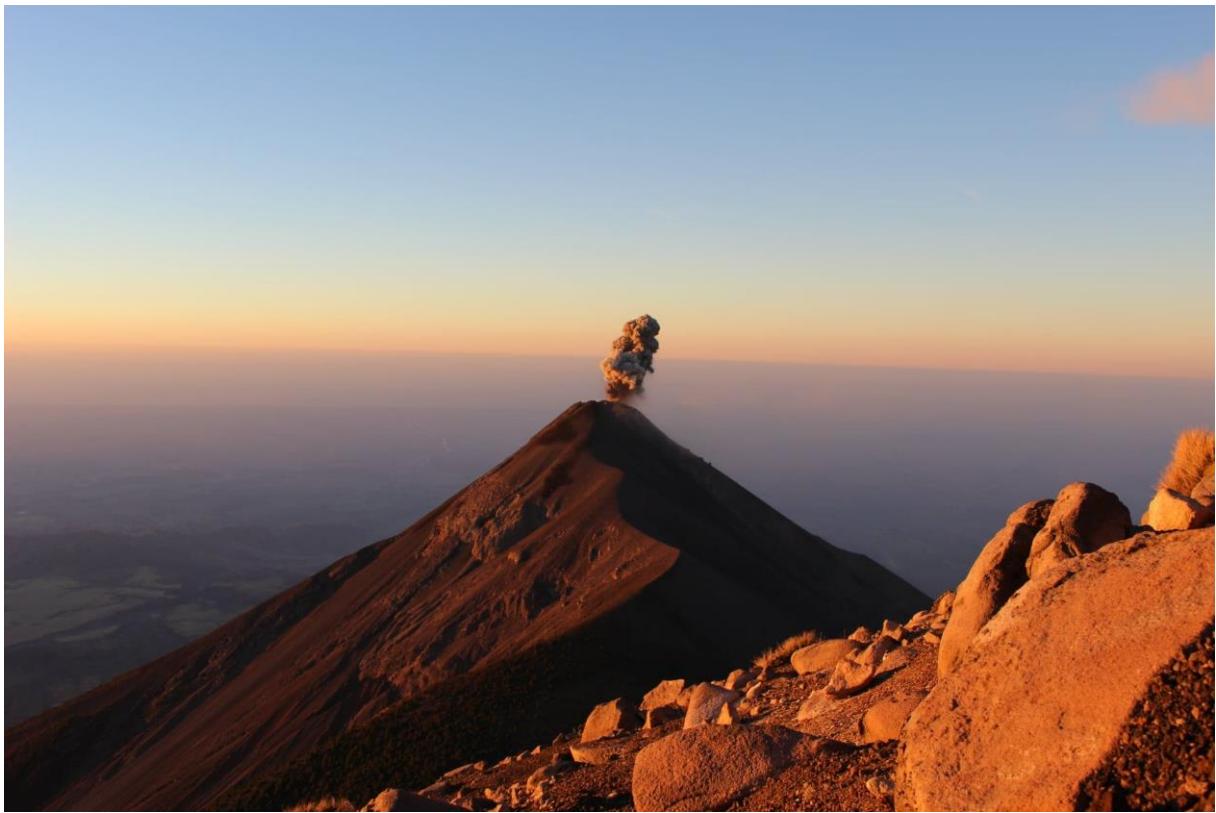
Pay attention to how you deal with worries or problems.

Is your mind looking for causes, guilt, solutions? How do you feel about it? How does this affect your body, your mood, your energy frequency?

Be aware of this difficult or problematic situation and take it into the wide field of "higher order". Give it to the universal intelligence and ask for deeper, further seeing and be receptive to hints and insights.

Make sure that you succeed in solving the attachment, in both directions, to the supposed problem and the desire to solve it.

Let yourself be innocent and light-hearted



WEEK 43

Agree on your highest possible potential. Feel your body, see the vision and allow yourself everything you feel and believe to be true.

Use your vision force to move you completely into this new self.

What qualities do you perceive?

What does your body look like, how does it feel?

What mood, what atmosphere is present?



WEEK 44

Inwardly, agree with your body and your essence. Have the intention to feel the life impulse, the vitality in you. Go with your attention through your entire body and allow this force to flow freely within you.

Finally, feel every cell vibrating in this liveliness.

Penetrated in this way, somewhere in your mind, compaction or "dark clouds" might pop up, in different regions of the body, thought forms or emotions. Then allow them to be relaxed, expanded and invigorated by the soft yet powerful vibration of this aliveness.

This is not something you do, but something that you passively observe effortlessly.



WEEK 45

Imagine how you leave the forms of your person, your heart, your body and thus your actions, your feelings, your thoughts and words. Notice how your heart fills and invigorates these forms from within.

Then turn your heart to your essential being. Do not worry, your mind does not have to be able to classify what it means. Let your consciousness sink to your depths and allow that which you are to sink into that depth of your heart.

After all, your essential being fills your heart and your heart fills your visible forms in this reality.

Your essential self, in turn, is connected with the universal being and receives its wisdom and gives itself to it.

So everything is permeated from the source to the outermost form.



WEEK 46

Always agree to be nothing and nobody. Your conditioned self can respond with resistance, fear, and diversionary maneuvers. Have loving understanding and compassion for these reactions, but do not stay at this level.

Expand your consciousness and detach yourself from the identification with your body, your feelings, your thinking.

Expand yourself onto a plane that is beyond space and time, where you experience yourself as being unlimited. Become aware of this formless existence.

Be open to understanding the process of becoming and passing away. Form becomes and passes away and out of nothing, form arises, which passes again. Immerse yourself in this wave-like creation process.



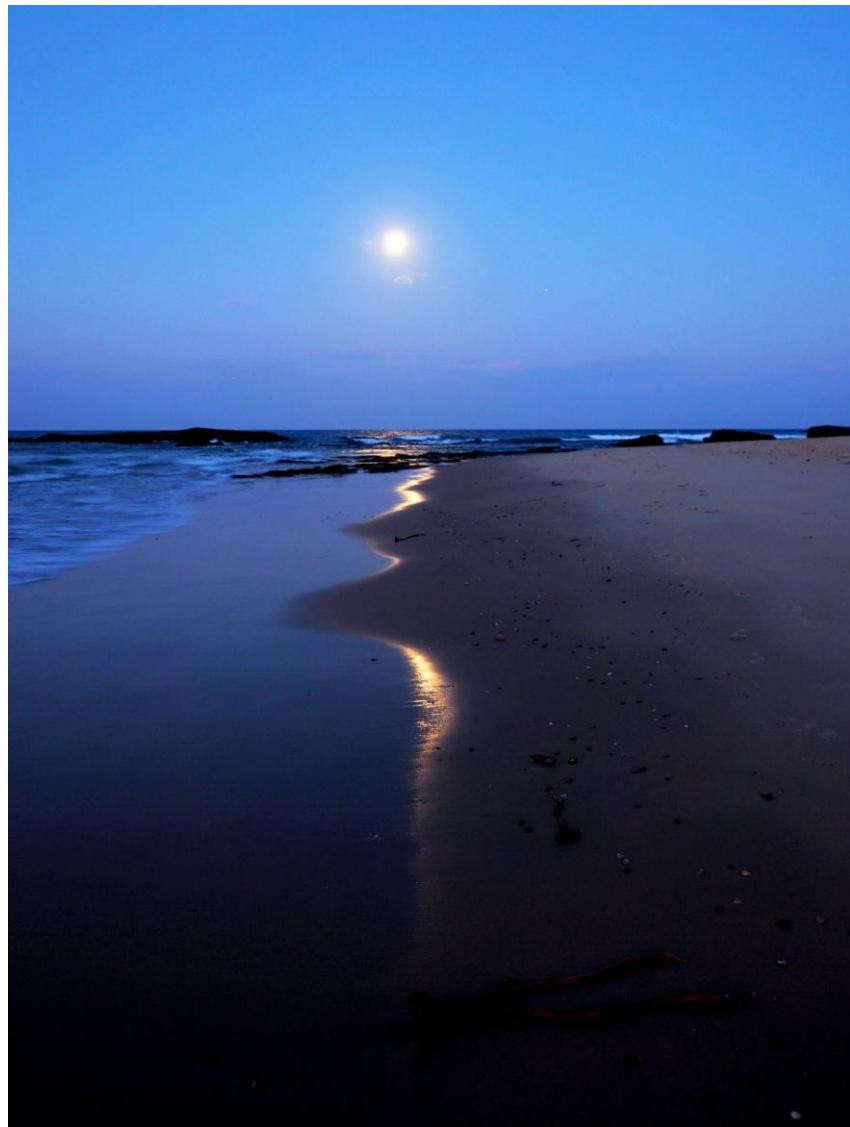
WEEK 47

Do not be surprised if you remember clearly or subtly more and more about your cosmic origin. Past lives, living in other realities or dimensions, even emergence of planets can show up in you. This is part of your widening awareness.

By connecting to your highest potential, identification with your personal, limited self dissolves.

Your perspective on your meaning of life expands.

You can sense your being beyond your mortality.



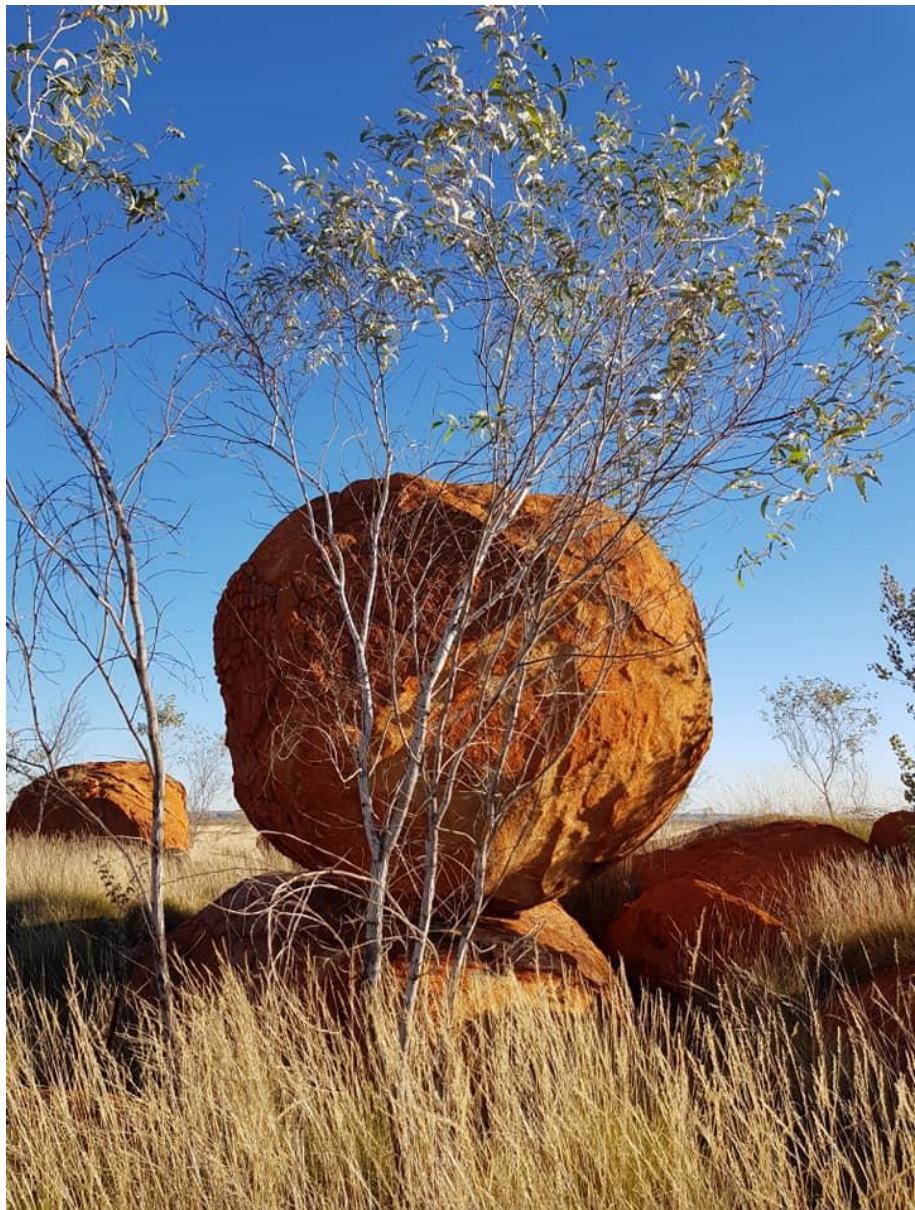
WEEK 48

Pay attention to how much you feed and react from beliefs. These serve as a familiar structure for your ego, giving it security, stability and importance. Situations and people are judged according to the value system of the ego, desires also spring from its source.

But if you want to tune into your evolved self and invite it, it is important that you keep leaving this frame, because your universal self does not share space with beliefs. It vibrates on another level. If you stick to beliefs, then your being can not attune to another frequency.

If you notice tension or resistance in you because a line of your beliefs is touched or crossed, then relax and consciously expand beyond that limit.

Be very awake, because this can be done in a very subtle way.



WEEK 49

Keep your heart safe from your self-importance.

Adding your personality to your heart enhances your self-importance.

You can not banish your personality from your heart, this act would only increase self-importance. But what you can do, is to allow your heart to surrender to what is deeper than your personality.

This allows your essence, your being, to spread in your heart. And from there, your essence, your being can embody and express itself into your personality. Then, what you are in your heart is shared with the world.



WEEK 50

Give yourself to your essence. Let your heart be filled with your being, from there it radiates into your person. This will make your invisible essence visible. It expresses itself in your thinking, your feelings, your actions.

On the other hand, this body, with its different forms of expression, is intended to give form to your invisible being and to be visible as the deepest expression of and through humanity.

This is also the way through which your future self brings itself into the light - through your being that fills your heart and your heart that expresses and unfolds through your person.



WEEK 51

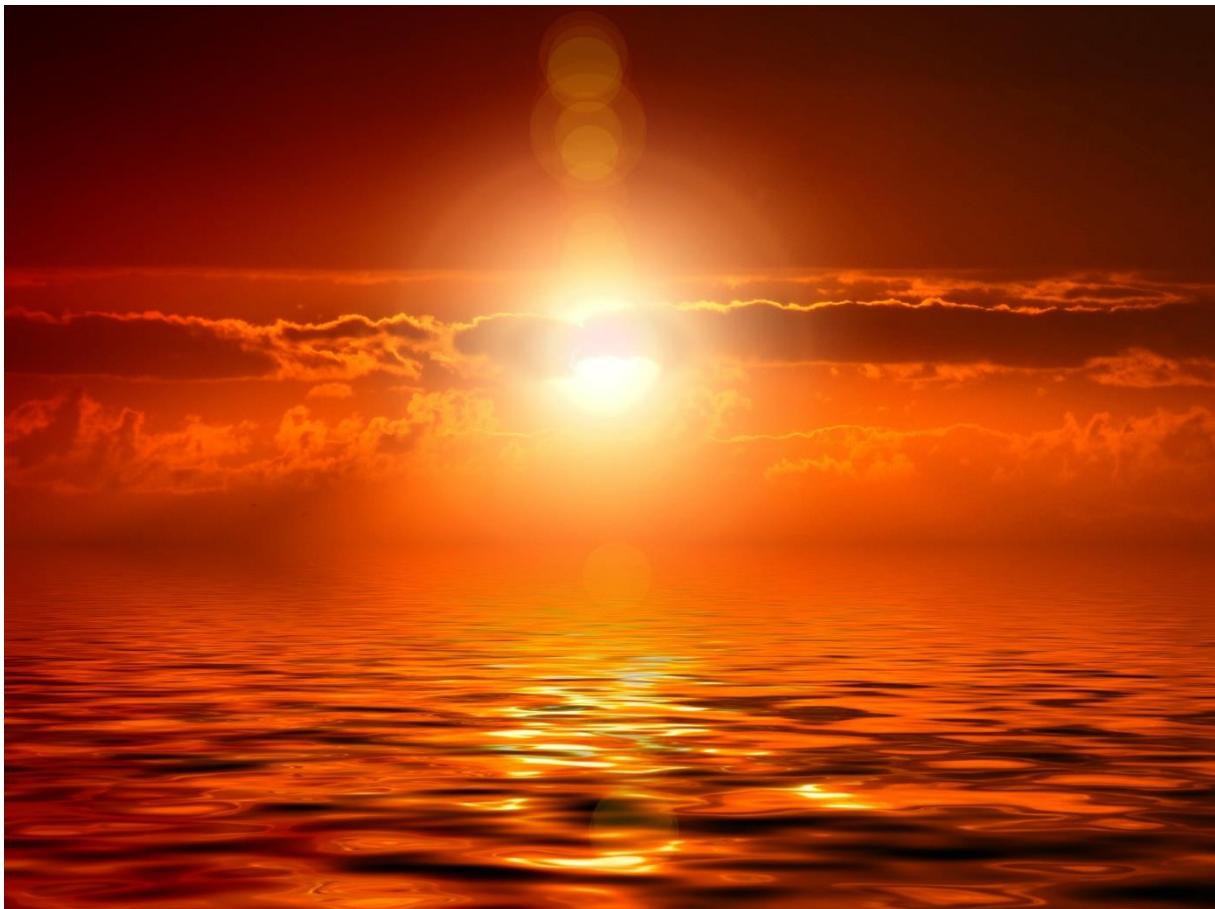
Offer your new being the protection it needs. Similar to a newborn, it may be appropriate to spend some time in withdrawal.

However, stay in the vulnerability, openness, sensitivity.

Feel very well what is good for you and do not resort to automatisms and habits, because they may no longer be appropriate. Do not take information and memories from your past, refer exclusively to your deepest knowledge and response to your highest possible essence.

Give yourself the respect and the mindfulness with which you would meet a welcome but unknown guest.

Allow yourself to be surprised by yourself.



WEEK 52

Connect with the frequency of your future, highest possible potential.

Be gentle, be pervious and let yourself be penetrated by it.

Give your person and your life to it. This will allow it to fulfill and move you.

When all the forms of your self are permeated with it, it is fully integrated and there is no difference between your innermost, the deepest, the eternal, and what you express as a human being in the world.

An ongoing motion.

An always fresh, innocent, living unfolding process.

Thank you very much Laura Kaestele for this magical book cover design.

Thank you for these beautiful photos.

Photos

Week 01 - Puria, Rose in Garden

Week 02 - Clare Rynhart, Australia

Week 03 - Pixabay

Week 04 - Pixabay

Week 05 - Puria, Ice Fowers on the Window

Week 06 - Pixabay

Week 07 - Pixabay

Week 08 - Pixabay

Week 09 - Pixabay

Week 10 - Deb Crichton, Australia

Week 11 - Puria, Flower in the Garden

Week 12 - Pixabay

Week 13 - Deb Crichton, Australia

Week 14 - Livia Elana - Cape Range National Park, West Australien

Week 15 - Puria, Lake Ammersee in Germany

Week 16 - Livia Elana - Whangarei Heads, Neuseeland

Week 17 - Deb Crichton, Australia

Week 18 - Pixabay

Week 19 - Livia Elana - Volcano Agua, Guatemala

Week 20 - Deb Crichton, Australia

Week 21 - Pixabay

Week 22 - Livia Elana - Gibb River Road, Australien

Week 23 - Livia Elana - Waikato River, Neuseeland

Week 24 - Clare Rynhart, Australia

Week 25 - Livia Elana - Ubud, Bali, Indonesia

Week 26 - Livia Elana - Cannon Beach, Oregon, USA

Week 27 - Puria, England

Week 28 - Puria, Flower in the Garden

Week 29 - Deb Crichton, Australia

Week 30 - Deb Crichton, Australia

Week 31 - Livia Elana - Dominican Beach, Costa Rica

Week 32 - Deb Crichton, Australia

Week 33 - Pixabay

Week 34 - Deb Crichton, Australia

Week 35 - Deb Crichton, Australia

Week 36 - Clare Rynhart, Australia

Week 37 - Puria, England

Week 38 - Deb Crichton, Australia

Week 39 - Livia Elana - Ubein Bridge, Amarapura, Mandalay, Burma

Week 40 - Pixabay

Week 41 - Livia Elana - Auckland, New Zealand
Week 42 - Deb Crichton, Australia
Week 43 - Livia Elana - Volcano Fuego, Guatemala
Week 44 - Pixabay
Week 45 - Clare Rynhart, Australia
Week 46 - Pixabay
Week 47 - Clare Rynhart, Australia
Week 48 - Clare Rynhart, Australia
Week 49 - Deb Crichton, Australia
Week 50 - Deb Crichton, Australia
Week 51 - Pixabay
Week 52 - Pixabay

If you want to share your experiences by following these invitations, write me an e-mail:

puria@posteo.de

Find more about Puria's work and other gems in the shop.

www.puria.org