

MYSTIC SECRETS REVEALED

Essays of a Mystic Warrior

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3 Steps to Manifesting Your Ideal Life

Over the past several weeks I've received dozens of email solicitations for books, CDs and videos that promise to reveal newly discovered techniques to improve my life. These emails promise a wide variety of benefits: how to get rich, lose weight, meet the woman of my dreams and buy a million dollar mansion with no money down. In some cases the salesman will throw in a "Ginzu knife" or "pocket fisherman" if I order immediately!

While some of these marketers may actually believe they've invented a whole new system of creating a life anyone would want, the truth is "there is nothing new under the sun." Mystics have studied the underlying principles that manifest reality for centuries. These same principles existed in the time of Socrates and they existed before the establishment of many of today's religions.

Whether it's money, love, health, or anything else, the principles are the same. In mystical terms, the Law of Attraction specifies that you will attract to yourself those experiences that match your beliefs. In the words of quantum physics, the observer affects that which is observed. Since you are the observer, it's you who affects your life, that is, it's you who creates your experience of reality.

You create your experience via your underlying beliefs—whether they are conscious or unconscious. If you're not conscious of your beliefs then you must make them conscious. As Carl Jung said, "Until you make the unconscious conscious, it will direct your life and you will call it fate." Or, as mystics will say, "Know thyself." This includes your beliefs.

Before you begin to manifest your ideal life, you must get clear on exactly what you want. Examine your desire from a mystic perspective. Is it something that would be of benefit to many people or is it a purely selfish desire? If you are attempting to manifest your desire at the expense of someone else, there will be a steep price to pay in the future. Remember, "As ye sow, so shall ye reap," so why saddle yourself with additional burdens? If your desire seems selfish, reframe it so that it's of benefit to

others.

Once you are clear on exactly what you want, then it is a straightforward matter to manifest your desire. There are three steps:

Step 1. Visualize exactly what you want for 5 minutes per day. Let's say you want to go sightseeing in Paris. You may want to visualize the Eiffel Tower. Why 5 minutes? Because any longer and your mind will wander. Any shorter and you may not be fully fleshing out your vision.

Step 2. Put yourself in the picture, with detail and emotion. You have a clear view of the Eiffel Tower. But, if you don't visualize yourself in the picture, the universe will manifest your desire, but perhaps not in the format you anticipated. For example, you might get a postcard of the Paris skyline in the mail. To avoid any misunderstandings, picture yourself standing in front of the tower. What are you wearing? Are you there with your spouse or some new love interest? Add details, employing all your sensory data. You're eating a delicious croissant. The wind is blowing gently on a beautiful, sunny spring afternoon. You hear conversations en français and you smell the perfume of the *petite jeune fille* standing near you.

Don't forget to add emotion. Are you enjoying the taste of your croissant? Do you feel the joy of exploring a new country? Are you reveling in the sense of freedom as you travel the world? The more realistic you make it, the better.

Step 3. At this stage, focus only on the end result. This is very important. Don't worry about how you get there. You can't possibly imagine all the ways that your goal might manifest, so don't limit yourself to people you know or the most obvious avenues to attain your goal. Let the universe worry about the details.

When you are done with your meditation, release it to the universe. Continuing to hold it in your mind will prevent its manifestation. You have to let go. To ensure you've let go, occupy yourself with a completely unrelated activity after you complete your meditation.

You're ready to go; but first, a brief note of caution. This is an extremely powerful technique, so keep in mind the old adage, "be careful what you wish for, you just might get it." An example, an acquaintance of mine was

remarking on how lucky a friend of hers was to receive a \$100,000 settlement for a personal injury she suffered. Within two weeks, my friend was involved in a moderately serious auto accident that left her with a bad back and a subsequent \$50,000 settlement. Was it worth it? I don't think so.

To ensure that you don't manifest something similar, I recommend you close each meditation by saying, "If it pleases God, then so be it," or "If this is for my highest good, then so be it." This is an extra form of protection that will help you avoid needless headache.

Lastly, don't think that because you're busy visualizing you don't have to take any action on the physical plane. For example, if you're looking for a boyfriend or girlfriend, you can't just sit inside and visualize your ideal mate, you still need to get out. You must go about your business, but be alert to opportunities that the universe is presenting to you.

The Law of Attraction is the basic underlying principle at work here. If you're not manifesting what you desire then there are two possibilities: you aren't clear on exactly what you want or you're not aware of a certain belief, probably unconscious, that is contradicting your conscious desire.

Identifying your unconscious beliefs is a topic that we'll cover in our next newsletter.

Until then, manifest your dreams, the mystic's way!

Get Out of Jail Free: How to Identify Unconscious Beliefs

Know thyself.

These words were inscribed in the vestibule of the Temple of Apollo at Delphi.

For centuries, petitioners seeking advice from the oracle at Delphi would view the inscription. Philosophers throughout the ages offered this same advice to their students. These words are as valuable today as they were almost three thousand years earlier.

Part of knowing yourself is understanding your beliefs. The difficulty is that most beliefs are subconscious. They have been accepted without ever having been critically examined.

As was described in *3 Steps to Manifesting Your Ideal Life*, the Law of Attraction states that you will attract to yourself those experiences that match your beliefs. These beliefs create your experience of reality. What if these beliefs are in opposition to what you're actually trying to accomplish? What if they no longer serve you? Wouldn't it be useful to eliminate these limiting beliefs?

There are a number of techniques to identify unconscious beliefs: taking a battery of psychological tests or tapping into your inner wisdom via meditation are two of them. There is a shortcut that can predict with 99% accuracy what your beliefs are. It is so simple that people usually overlook it. Even when it is clearly stated, they frequently ignore it.

After all, most people have accepted these beliefs as true and don't want to hear anything that might contradict what they believe is true. Remember, you are not your beliefs. You are a divine spiritual being, so why hold onto anything that is preventing you from realizing this truth?

So here's the secret.

Look around. Whenever you have a repeating problem in some area of your life, then that is where you have a false or limiting belief. This doesn't mean

that just because you're in between relationships or jobs, you necessarily have a false belief. But if the problem constantly reappears, then you can be 99% certain a false belief is involved.

Avoid the temptation to blame someone for inserting this false belief into your belief system. After all, you could easily point fingers at your parents, teachers, friends, TV, etc., as well as yourself. It's not important where it came from, you just want to be rid of it, so you can experience your ideal life.

You have two choices here. You can 1) identify your unconscious beliefs and release them, or 2) learn to recognize the symptoms of accepting this limiting belief and change your thoughts. You can also do a combination of the two.

Choice 1) Use your attitudes to identify your false beliefs. Let's say you want more money. What is your impression of wealthy people? Are you happy for them or resentful? If you're resentful, then what signal do you think you're sending out to the universe? You don't want anything to do with those "rich people!" Consequently, the Law of Attraction states that you won't attract wealth into your life.

One way to free yourself of a negative belief is to write it on a piece of paper and burn it while telling yourself it is forever banished from your being. Write a positive affirmation on another piece of paper such as "Good people can have money." You can add other affirmations, such as "I am worthy of prosperity" and "Money flows easily to me." Repeat these affirmations aloud 9 times a day for 21 days. This is the length of time it takes to reprogram your instinctive mind, where these beliefs are stored.

Choice 2) Make sure you are always sending out the proper vibration. Remember that your goal is make sure that you are sending the right vibration to attract to yourself the experience you desire. The best barometer of whether you are sending out the proper signals is to **MONITOR YOUR EMOTIONS**. If you're not feeling good, then you need to change your thoughts, because the emotions that are being felt, indicate your thoughts are sending the wrong message.

Replace your negative thoughts with positive ones. The book, *Ask and It is Given* identifies and ranks 22 emotions. Understanding that most people

can't go from hatred to joy in one step, they advise you to simply keep moving up the ladder. Eventually, you'll get to feel joy more and more frequently and for longer periods of time.

In both cases, you have substituted positive thoughts and feelings for negative ones. You may recognize this involves a degree of self-observation. As was inscribed on the Temple at Delphi, "Know Thyself."

Incidentally, this process of substituting thoughts will work for any thought, including a memory. If you have any unpleasant memories, you can substitute positive experiences for them. Mystics call this *Mental Alchemy*, after the old alchemists that transformed lead into gold. We'll cover this subject in our next article.

Mental Alchemy

Back in the Middle Ages alchemists sought to transform base metal into gold. They searched for an elusive substance, the philosopher's stone, which would bring about this conversion, known as alchemy. But to initiates of the ancient mystery schools, alchemy was primarily an allegory for the real work of spiritual and mental alchemy.

Spiritual alchemy is the process of transforming a less evolved soul personality into a more refined one. The founders of all major religions have attempted to expedite this transformation by providing rules to help people achieve this goal and also lead happier and more productive lives. Enlightenment, illumination, the perfection of the soul all point to this ultimate goal. Mystics from all religions have studied the universal laws to speed up this process, which they believe occurs over many lifetimes.

Mental alchemy is the process of transmuting your thoughts to improve your life and expand your mind. The good news is that this discipline can produce immediate, beneficial results in your current life, in some cases instantly.

Mental alchemy involves the replacement of beliefs that are hindering your development with positive ones that will help you. You might say that sounds straightforward—why would this be so difficult?

It turns out it's extremely difficult to change beliefs. There are three reasons for this:

1) Most people mistake their beliefs for the truth. Even if it's not in their best interest, some people resign themselves to their fate because they mistakenly accept a belief as true.

2) Beliefs operate at the subconscious level. Most people are unaware of their subconscious beliefs, which are often in conflict with their conscious thoughts. For example, a woman may consciously be seeking love, but subconsciously she may feel she's unworthy. Unless her belief is made conscious and transmuted, it will continue to sabotage her efforts. See our last newsletter *Get Out of Jail Free: How to Identify Unconscious Beliefs*.

3) You see what you believe. Less than 100 years ago physicists were trying to determine whether light was a wave or a particle. The answer depended on what you believed you would find. If you believed light was made of particles, then you could design an experiment that proved it. Conversely, if you believed light consisted of waves then you could design another experiment to prove that.

The placebo effect provides another example. In drug trials required to gain FDA approval, 40% of patients, on average, will obtain relief from placebos. They get better simply because they believe they will get better. Placebos have actually helped people with Parkinson's disease.

The mystic principle behind these results is called the Law of Attraction or "like attracts like." In the mystic world, and now in the world of quantum physics, we know that everything is energy. Everything has its own vibration, including a belief. People attract to themselves those experiences that match their existing belief system. They get to see what they believe.

So how does Mental Alchemy work?

Neurologists tell us the brain doesn't know the difference between what's actually experienced and what's imagined to be experienced. The same electrical patterns are fired between the neurons in the brain. The electrical patterns in the brain reflect how we store and process information, including beliefs.

The ramification of this is profound: you can change your beliefs using your imagination. It doesn't matter whether the belief is true or not.

Let's take an example of a basketball player who misses the final shot of the state championship game and his team ends up losing by one point. This experience can be traumatic and will often reinforce negative beliefs that he's a choker or a loser. Had he made the shot, he would be a hero and filled with the confidence of a winner.

Let's say you are the basketball player. What should you do?

First, go to a quiet place where you won't be disturbed for 10–15 minutes. Make sure that none of your objective senses (sight, hearing, smell, touch, taste) is being stimulated. Take a few deep breaths. Your goal is to relax and

get into an alpha state. Scientists have shown that you can learn new skills much more readily while in this state. Meditation is ideal for this.

At this point, you should replay the end of the game in your mind. Only this time, when you take the final shot, do it with confidence and watch it go in. Visualize all the fans going wild as the buzzer sounds and your teammates carry you off the court. Involve all your senses and imagine how it feels to be the hero!

Michael Jordan is arguably the greatest basketball player of all time, but he probably missed just as many shots at the end of the game as he made. But you can be quite certain he didn't dwell on the missed shots, but simply remembered the game-winning shots. You can do the same. Use the technique of Mental Alchemy and change your life.

Creativity and Inspiration

Creativity for the mystic has special meaning. In the world of the mystic all is one. This means that there's only one Creator. Your job as an artist, painter or writer is simply to attune with this One source of all creation, listen and report on what you're told. This is the essence of divine inspiration. It's similar to the advice I was given as a young businessman when my boss and I were on our way to an important meeting. He turned to me and said, "Keep your mouth shut and listen good."

As the author of *Mystic Warrior*, I am most familiar with the art of writing. Many people are fearful that they don't know how to write or that they're not qualified. Since everyone is tapping into the same source, it doesn't matter. All you have to do is, "Keep your mouth shut and listen good." Everyone is qualified, because, as it turns out, God is an excellent writer.

Anyone can write. The secret is simply, how do you attune with this One source of creation? Writers attempt to do this by following certain routines or rituals. Rituals are simply a series of acts that are meant to impress upon the conscious mind, what is being transmitted on a higher plane. Holy Communion, blessing of the food, blowing a ram's horn are all examples of rituals. They are meant to put you in the proper state of mind so your attunement follows.

In the world of the writer, the rituals may involve writing at a certain time of day, with a favorite typewriter or at a certain desk. Smart writers try to recreate the same feelings they experienced when they were successful in pouring out material. A mystic takes this one step further and you can do this too.

Mystics create a personal sanctum that facilitates attunement with the one Creator. Now you can create one on the physical plane - a favorite recliner or special room for meditation or spiritual studies - but the more important one is on a higher plane. This is where you will go to receive inspiration.

The technique is simple. Visualize your sanctum using the techniques I described in *3 Steps to Manifesting Your Ideal Life*. But before you do, you should decide what purpose you'd like to achieve. If you're just starting out,

then your purpose may very well be "what should I write about? What message does the one Creator want me to bring through and share with the world?"

Understand, that when you return to the physical world, you may have to do some research. In fact that's one of the key reasons people suffer from writer's block - they run out of material or don't have the knowledge to describe the information that's been given to them in their personal sanctum.

It's a good idea to visit your personal sanctum on a daily basis. There are additional benefits to this such as increased vitality, increased ability to concentrate, control of emotions, enhanced intuition, the removal of fear and anxiety.

But the prime benefit of ascending to your own personal sanctum is to receive inspiration by direct attunement with God, the font of all creativity.

Why would you want to be enlightened?

Yesterday, a marketing guru asked me a question that left me speechless.

I had retained Bob to review the copy on my Mystic Warrior website from a sales perspective. He asked about reader reactions. As we talked, I told him how some readers felt compelled, while in the midst of my book, to put it down and meditate. In several cases, they described tingling sensations on the crown of their head and of receiving “downloads of energy and information.” I told Bob they were “attuning with God” and how this is a step towards enlightenment.

That’s when he asked me the question that left me speechless.

He asked, “Why would you want to be enlightened?”

Bob wasn’t trying to be funny and he wasn’t questioning whether this would benefit people. He asked me this to force me to think about the question in a more fundamental way. (You might say he was acting as a “devil’s advocate.”)

When I first heard his question, I couldn’t respond. Going through my mind were the thoughts, “Isn’t this what everybody wants?” and “Isn’t this the reason for living?” But before I could even speak, I realized this wasn’t true.

A belief is an idea that you accept as true—regardless of whether or not it really is. Many times a belief operates subconsciously and is never examined. This is what happened to me. My belief seemed self-evident and yet, it wasn’t true for most people. Not everyone wants to become enlightened—at least not consciously.

So I pondered, “Why would you want to be enlightened?”

This is not a simple question to answer. “Why would you want to be rich?” is easy to answer.

“So I can buy a new BMW M5.”

“So I can travel throughout Europe staying at the finest hotels.”

“So I can help others less fortunate than me.”

The reason it's easy to answer is that being rich only satisfies a physical, emotional or intellectual desire.

Striving for enlightenment is not a physical, emotional or intellectual quest. It arises out of a yearning from deep within the soul. It's beyond emotion or intellect. It's a craving to return to God, a desire to be completely and totally one with God.

Throughout the ages mystics have described this experience. Regardless of what formal religion the individual might practice, the experience almost always includes: a sense of being beyond time or space and connected to everything, joy, knowingness, paradoxicality, ineffability, and transiency with permanent changes.

Anyone who has ever approached such an experience never forgets it. Thereafter, nothing else compares. Consequently, you are no longer content merely with great food, awesome sex, mind-blowing entertainment, or extravagant material goods. You want enlightenment.

But the fact is, not everyone has this craving or is even aware it exists. So short of sitting in the presence of an enlightened master, how do you awaken it in people? Does it trivialize it to say it will improve your life, that you'll lead a happier, less stressful life? Does it cheapen it to point out that as you move towards enlightenment and eliminate the veils (beliefs) that hide the true nature of God, that you'll begin to develop your inner senses, often referred to as psychic abilities?

Do you mention all these benefits when someone asks, “Why would you want to be enlightened?”

Or do you simply say, “Because nothing else matters.”

Who is directing you?

Recently I had the opportunity to meet a long term mystic. During a lecture he was presenting on a mystic's role in society, he uttered the words "inner warrior," while looking directly at me. I had never met him and wondered if he knew I was the author of *Mystic Warrior*. His lecture was fascinating and I couldn't wait for a chance to speak to him without distraction.

In accord with the universal Law of Attraction, my intense desire precipitated our meeting quickly. Less than an hour later, at the hotel lunch buffet, he was walking towards my table carrying a plate of food. I jumped up and invited him to join us, which he accepted.

I asked him whether he knew I had written *Mystic Warrior*. Calmly, he smiled and answered that he didn't. He explained that when he lectures, "it's not me that's speaking, but rather, the 'Master Within.'" He was referring to the divine aspect at the heart of every soul – the divine aspect that all mystics strive to tap into.

Then I asked him the question that his lecture had triggered. "Is it permissible, from a mystic perspective, to use your spiritual power to intervene and thwart the 'evil intentions' of someone that is 'abusing an innocent?'"

Now you must understand the significance of this question from a mystic perspective. In the mystic's view of the world all is one. There is no good vs. evil. The cause of "evil" is ignorance.

What I was asking is, what is worse, using your power to control someone or allowing that someone to control another? This is the mystic equivalent of a Hollywood blockbuster plot crisis. In the movie, *Superman*, for example, it's when Superman has to decide between saving the world or Lois Lane. Either way, someone is going to lose. Philosophers describe it as "the lesser of two evils."

First, he explained that I was *assuming* the act to be "evil," and that was only my perception. Next, he explained that my perception of the "abuse" could also be mistaken. He went on to state that there could be a number of

reasons why inaction might be better than action for all parties involved. Karma may be involved. The dispute may go back lifetimes. There was no possible way I could take into consideration all the factors that were governing the parties' behavior. The best course of action would be for me to send unconditional love to both parties.

I held my tongue and told him I understood all that. Then I added, "What if you knew the person's motivation was pure self interest?"

"How would you know?" he countered.

"What if the first party communicated that to you?"

He nodded, but repeated his assertion that the safest course of action was to send unconditional love.

Then I asked, "What if the abuse affected a large number of people?"

He paused and looked at me. He recognized that this was a topic I had pondered at great length. Every answer he had offered, I had already considered and came back with another question. That's when he asked, "Who is directing you?"

He wasn't referring to some external source. He was referring to one of the most fundamental teachings of mysticism, teachings that have been conveyed by numerous, great religions.

I smiled and he recognized that I understood him. I started to laugh.

I sat back in my chair, awed by the elegance of such a simple question and the thoughts it had spawned. The kingdom of God lies within. The goal of the evolving soul is to align his will with the will of God. If you want to know how to handle any situation, consult the Master Within.

Now it's true that there are plenty of psychopaths that claim God told them to do some despicable act, and we can be confident they're mistaken. And it's also true that a person's understanding of the Master Within will change over time, as the person's wisdom increases and his or her ability to attune with the one source of all creation improves.

But as a fundamental guide to how you should act in every situation, there is no simpler and more elegant advice than to ask for direction from the Master Within.

Edwin Harkness Spina is the author of the award-winning spiritual thriller ***Mystic Warrior: A Novel Beyond Time and Space***. More than a fast-paced adventure story, ***Mystic Warrior*** will expose you to beliefs, feelings and thoughts that can inspire you to attain your true spiritual potential. Readers have reported outstanding results, such as enhanced intuition, the elimination of limiting beliefs and the development of latent psychic abilities. For more information, visit our website at: <http://www.MysticWarrior.us>

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