

BREAKTHROUGH

Realize Your **Infinite Potential** by Understanding
the *Universal Consciousness Connection*

A person in a dark suit stands in the center of a dark, cavernous space. The walls are composed of large, dark, angular rock fragments, creating a jagged, cracked appearance. A bright, glowing light source is visible through a large opening in the rock wall, casting a strong beam of light across the floor and illuminating the person's silhouette. The overall atmosphere is mysterious and transformative.

JOHANNA SPARROW

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Consciousness Connection

By Johanna Sparrow

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DEDICATION:

This book is dedicated to loved ones and friends.

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Thurston James, thank you for all your hard work.

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INTRODUCTION

Our hearts and minds are greatly influenced by our experiences. Negative experiences can damage our psyche and leave us trapped in a cycle of pain, depression, self-loathing, and confusion. The ability to overcome those experiences depends on your level of spirituality more than anything else.

You should continuously feed your spiritual self, or soul, with ideas and information that'll help it grow and learn. Your success, happiness, and fulfillment depends on it. As with anything else in life, your soul is constantly changing. But in which direction? Nothing is stagnant. It's either growing or degenerating. Is your soul progressing? Or is it deteriorating because of lack of knowledge?

If you're not continuously growing by seeking knowledge, wisdom, and understanding, your soul will continue to operate in darkness and ignorance. You'll continue to repeat the same mistakes and go through the same negative situations until you decide to look at your shortcomings in an honest light, repent from ways of thinking and behaving that're detrimental to yourself and others, and gain the necessary knowledge that'll enable you to become the supreme version of yourself. In becoming the supreme version of yourself, you'll be able to serve others in ways that'll add light to their lives. You'll be filled with joy, love, and gratitude that'll radiate to all those you encounter. We're designed to do remarkable things and become great.

Knowing your purpose depends on how much you understand your part in the Universal Consciousness Connection (UCC) and the realization that you're an eternal soul having a human experience. How long does it take for you to get over a painful event? Are you left wounded and crippled for days, weeks, or even years? Have you developed a vengeful attitude? Tumultuous

times is the fire your soul has chosen to go through so it can fulfill its diamond potential. Human experiences in the realm of duality is your soul's classroom.

How can you appreciate love if you've never experienced fear? How can you know unconditional love if you've never experienced hate? How can you understand light if you've never experienced darkness? How can you know how strong you are if you've only ever experienced perfection? Strength only comes from being tested. Look at each tragedy as a learning experience for soul cultivation. Always ask *what is being done for me*, rather than *what is being done to me*. Instead of defaulting to the negative as most people do, keep a positive outlook on everything in life.

You have a purpose. That's a fact even if you don't know what it is right now. You may not be able to see the light at the end of the tunnel. You may not understand why you're going through so many tough situations. Those situations are your teachers, and they're designed to make you take a concentrated look at your positive and negative characteristics. They're designed to make you analyze how you can edify the world.

I was once asked, "How many universal teachers are there?" I answered, "Universal teachers are everywhere and in everything. They're in each grain of sand, each leaf, and each blade of grass. All of your questions can be answered by observing nature." Many people think they can only learn lessons from negative situations or challenging times. This isn't true. Negative situations aren't the only way you can be taught. There are ample opportunities to learn through positivity, but if you chose to highlight the negative in everything, you'll miss out on many chances for growth. All experiences help mold you into someone that'll add to the greater universal good.

If you've ever experienced something that put you in a dark place where you couldn't see any hope, then you've been one-on-one with a life teacher. When life doesn't feel like it's worth living, you must understand that the UCC is always active in your life. Not everything we go through impacts us on the level of heartbreak or illness, but those type of situations are the easiest teachers to learn from. Situations that're life-altering and that bring destruction, challenge your mind and soul to the greatest extent. In the cycle of life, we're meant to learn and to eventually teach. But even when we become teachers, we should still be open to learning. There's never a time when you'll know it all and be above learning. If you ever feel like you can no longer learn, death isn't too far away. You're either growing and learning or regressing and degenerating. There is no standing still.

For many people, their teachers never change because their lessons aren't ever learned. Therefore, they never become teachers. Those individuals go through the same things for years and never become better people. When a person doesn't learn their lessons, they can't move on to the next teacher. Lessons can make you strong, or they can break you into a million pieces. Whether you become stronger or broken is dependent on the perspective you take during each situation.

If you want to realize your infinite potential, you must first understand how your life teachers operate in your life through the UCC. You can never unlock the power within if you don't know and understand universal laws. Everyone is able to know and understand these laws. They don't require a degree or certificate for access. The awareness of those laws will help you rewire your thinking, re-member who you are, allow the expansion of your soul, and enable fulfillment of your purpose.

Do you know who and what your life teachers are? Do you understand why you continue to experience the same negative occurrences? You need to answer these questions to be able to move to the next level. Your knowledge of universal laws is the only way you can understand why you're currently at a certain stage in life and how to move beyond that stage. You can easily move to the next level by learning how to elevate your state of awareness through your universal teachers who're constantly trying to prepare you for success.

Of the negative situations you continue to experience, why do you think you keep failing to overcome them? What is your current state-of-mind that causes you to continuously fail those life lessons? Of the life lessons you've passed, what was the mindset that allowed you to overcome those struggles? How can you carry that mindset over to the negative situations you're currently experiencing? If you can honestly answer those questions, you've taken the first step to growth by learning from your life teachers. You're on your way to becoming a better, stronger, wiser person.

When it comes to growth and learning, age doesn't matter. You can be at an early learning stage in your fifties or eighties, and you can be wise beyond your years in the twenty-something age bracket. Just because someone is old, doesn't mean they're wise. And just because someone is young doesn't mean they're ignorant. Keep an open mind and be willing to learn from anyone because we're all connected and we can all uplift each other.

Life isn't meant to break you or be a constant struggle. But you'll remain downtrodden and left in chaos if you don't understand the UCC and that all the knowledge you need is within. Many that're broken and that've experienced the worst life has ever offer seek a greater force outside of themselves when that force they seek has been within all along. When terrible things happen in your life, it's because you're going against the natural flow of the Universe. You're

experiencing the Law of Chaos. When you go with the natural ebb of the Universe, you'll begin to experience the Law of Order, and your life will be much more harmonious.

Everything is about balance, Ma'at. When you lack balance and violate the laws of nature, you'll inevitably experience inharmonious conditions. In this realm of duality, there's always two aspects of the whole, two sides to a coin; good and evil, peace and chaos, sun and moon, night and day, light and darkness, male and female. These aren't separate entities, but two parts of a whole. One isn't better than the other because they're one in the same. This is the Law of Polarity. Everything comes from the same Source and has an opposite. Everything is in constant rotation and has its own season, which is why you experience positive and negative energies. Learn to embrace the good and the bad, and make them both work in your favor. Understand that teachers are both positive and negative energy. When you lose sight of that, you miss the reason behind your lessons, and they restart.

Universal laws govern every aspect of our lives. Your universal teachers are aspects of your consciousness that bring you face-to-face with your fears and dislikes. The more enlightening books you read and the more you study nature, the more you'll understand that life is a transformative process. It's about learning, growing, reaching for greatness, and fulfilling a larger purpose with the limited time you have in this reality. If you haven't become what you're destined to be, you soon will. The fact that you're reading this shows you're ready to make positive changes in your life and fully develop your soul.

Are you ready to tap into the infinite knowledge and power of the UCC to gain more knowledge and alter the path of your life toward the direction you desire? If so, your teachers are now seeking to help you become greater. The student is ready, so the teachers will appear. Are you ready to eliminate confusion and experience order and stability? Do you have the desire to

know thyself and realize your greatest potential? Do you want to do what you're passionate about for a living? Are you ready to feel less sorrow and experience joy that can't be taken away no matter the circumstance?

Elevate your consciousness, realize your infinite potential, transform your life, and become the supreme version of yourself by tapping into the Universal Consciousness Connection.

CHAPTER ONE

LIFE TEACHERS

Some of the best life teachers are chaos, destruction, depression, grief, abuse, illness, sadness, loss, betrayal, and heartache. Before you can understand the lessons you should learn from these circumstances, you must understand your purpose in this lifetime. What part are you supposed to play in the Universal Consciousness Connection (UCC). We're all supposed to continuously learn. But every individual has lessons to learn that're specific to their purpose. Knowledge of your purpose will help you understand why certain life teachers are actively operating in your life.

Below is a list of teachers you may be currently experiencing or have experienced:

- Abuse
- Addiction
- Anger
- Betrayal
- Chaos or confusion
- Death
- Deception
- Hate
- Illness

- Mental Illness
- Murder
- Rejection
- Suicide
- Trauma

There're many more teachers that can test you, and the purpose of each test is to aid your growth and transformation. When you go through tough times, don't become reactive or develop a victim mentality. Use adversity to develop a proactive mentality that isn't affected by your external situation. Imagine where you want to be and let your mind turn your seemingly negative circumstance into the positive experience you desire. With the proper mindset, your teachers can help you open your third eye and see the truth in all things; including the lessons you're supposed to learn.

Are you continuously experiencing the same problems? If this is happening, you may find it hard to move on. You've become stuck with the same teachers because you haven't learned to overcome your issues by learning the necessary lessons for the development of your soul. If there were famous teachers in the universal realm, they'd be the ones that cause chaos and pain for the soul. Those teachers have taught and broken an infinite number of souls.

Do you know who you truly are? Do you think you're strictly flesh and blood, or do you feel that you're an eternal soul that has had many human experiences? To pass your tests, you must awaken your soul to become aware of the lessons you need to learn for growth. If you try to protect your soul from a tumultuous experience by shutting down or blocking yourself from feeling certain emotions, you'll only find hate and bitterness. You may think you're preventing

yourself from experiencing hurt, but you're only cutting yourself off from blessings and positive experiences. When you fail to allow your soul to experience everything life has to offer, you'll struggle for as long as your heart chakra is blocked and remains closed off to love and compassion.

How many times have you given up on your life teachers? How many times have certain lessons beat you down before you pulled yourself out of its painful cycle loop by growing, learning, and moving on? Some people become monsters a result of their lessons. They never grow because they've allowed themselves to become consumed with chaos. Do you think you could you find your way back to truth if you were consumed in a state of confusion? What steps would you take to get back on a productive path?

Have been holding on to hate and unforgiveness in your heart for a significant amount of time? The purpose of your teachers is to help you remove those detrimental emotions and transmute them into love, confidence, kindness, and forgiveness. The longer you ignore your lessons, the more pain and sadness you'll have to experience to release the detrimental thoughts and negativity from you heart. Learn to let go so you can flourish and prosper. Become aware of why you're experiencing challenging times and detach from those situations to eliminate sickness, pain, depression, heartache, or abuse. You'll become your supreme self when you don't harbor negative emotions such as anger and grief.

Do you understand why it's so important in your transformation process to overcome the obstacles that your teachers bring your way? Do you see why it's important to let go of and remove negative feelings and behaviors. Detachment doesn't mean to give up on life or show a lack of emotions. It means to stop trying to control everything that happens and how it happens. Go into meditation and imagine the result that you desire. Then, release it in your mind and let

the Universe work in your favor. Don't worry about how that end result will come into fruition. Just know that it will.

Focus on what's in your control and don't struggle against the natural flow of events in your life. Don't allow your logical or conscious mind to over plan how your life should go. Your subconscious or spiritual mind has ways that're above your understanding. Plant the seeds of the life, water those seeds, and let your subconscious do the rest. When you continue to tamper with the soil, you're working against yourself and stunting the growth of your desires.

Take baby steps in everything you do. Enjoy the process and don't try to achieve your goals instantly. You may still be bothered by a particular person, feel sadness over a breakup, or grief over a loss, but you don't have to hold on to these feelings. The more you focus on negativity, the more of it you receive. Even if you don't want it. You don't get what you want out of life, you get what you focus on. Focus on the positive things you want to experience. This will help you learn your lessons and pass your tests. The sooner you learn your lessons, the shorter your tests will be. Let your heart and soul guide you through every situation.

How many painful teachers have you had? Are you still holding on to those traumatic events? Is your attachment to those events preventing you from moving on and stunting your growth? When you deal with sadness and pain, you shouldn't allow your emotions to overshadow logic and spiritual principles. Your soul knows how to guide you through your life lessons and triumph over them.

Painful Life Teachers

Your learning experiences show up as struggle, abuse, financial difficulties, trauma, deception, loss, or heartache. Do you hold on to the number of times someone has wronged you?

Are you filled with vengeance, anger, and unforgiveness? If so, then you're not close to gaining victory over your lessons. Passing your lessons means you've forgiven, forgot, that you're no longer bothered by certain people or situations.

We're all going through life lessons, so don't feel isolated. The only way you can overcome a painful circumstance is to not allow yourself to be affected by it. At that point, you won't experience those situations anymore because there'll be no more place for them in your life. The purpose of the process is to teach you how to become a better person and rise above all negativity. The pain you feel isn't meant to break you. Its purpose is to make you stronger and reveal your part in the UCC.

It's not beneficial for you to judge and find fault in others. Use your energy to process what's being taught to you daily. How many times have you cried today? How many times have you gotten angry today? How many times have you been irritated today? You won't have a satisfying or productive life if you're constantly allowing yourself to be affected by everything life throws at you.

At will, can you stop disliking someone that hates you? Can you be kind to someone who's rude to you? You aren't meant to become a product of your negative environment. You're not supposed to return acts of spite. Always be the better person to rise above hate and negativity. You can do so by understanding that your soul's essence is true forgiveness. That will be the catalyst to your transformation. Pain, fear, hate, anger, and sadness are what I like to call *partners in crime*, and they're always causing chaos in someone's life. Remain alert to people who want to make your life miserable. But instead of returning their negativity, share love, Light, and forgiveness.

Life can issue nasty blows. When this happens, it's easy to lose sight of your purpose in life and your place in the UCC. Have you noticed that when you feel tense and overwhelmed, you keep yourself busy and preoccupied with many things? This is to distract you from focusing on solutions that'll help you change the course of your life.

Chaos can prevent you from connecting to the perfect design of the Universe, and many of us have gotten caught in its web of confusion. Attempting to focus on multiple things at one time can make anyone feel like they've lost their mind. If that's how you're currently feeling, you've allowed chaos to distract you from the significant aspects of your life. Once you focus on one thing and fix it, it may seem as if you're given two or three chaotic events in its place. What steps are you taking to gain control and establish order in your life?

The best way to gain control of your life and minimize chaos is to make a list of things that're most important to you. The list should be comprised of two parts—internal and external. When you develop the internal aspects of yourself, you'll have more power to control what happens externally. Solely focusing on the external will perpetuate chaos. The sooner you establish balance in your life, the better off you'll be.

You may think that you have no control over health issues, but you control your physical and mental diet, which are directly related to your health. Whether you realize it or not, you're constantly controlling your external circumstances. But if you're not aware of this, things may seem to happen to you randomly and you may always be a reactor. But you can have conscious power over things that happen to you if you connect with the Universe and bring everything in balance. Consistent meditation is an excellent way to achieve this. You will experience pleasant and painful life teachers that can leave you with an array of emotions.

Below is a list of ways to remain peaceful throughout chaotic situations:

- Avoid reacting emotionally and take time to analyze every situation logically.
- Don't allow your thoughts and behavior to be controlled by individuals, media, or government.
- Don't seek to control others. You can't make someone do what they don't want to do. Focus on what you can do to create changes in your life.
- Instead of focusing on what's wrong with others and placing blame, look at what you can improve about yourself.
- Interact positively with others no matter how negative and confrontational they may behave.
- Remain calm during urgent situations. Overreaction only creates more chaos.

The sooner you understand your environment, the sooner you'll understand why things happen. The sooner you can focus on the most important thing in this world, which is your mentality and spirituality, the sooner you can connect to something greater than yourself that will aid you in the awakening process of your purpose on this planet. No matter what you think, you're never alone. The Source is always watching you, protecting you, and guiding you toward the fulfillment of your destiny.

The beginning stages of trying to understand what we're being taught through life lessons can be shocking and disheartening because we don't understand why certain things are happening to us. We also want it to stop and go away without dealing with our issues. But that's not how this reality works. We're in a realm that exposes us to daily distraction and constant chaos to distract us from our true nature. Life teachers, or guides, quickly introduce you to pain

when you enter this reality. When you overcome your tests and make it through the pain, unconditional love will shine forth.

How often do you analyze your heart? Are you a jealous hater? Do you seek ways to destroy others around you? The Universal Consciousness Connection enables you to renew your soul ties to the Universe if you just ask for it to take over. Stop experiencing heartache, focusing on negativity, and dwelling on why certain things are happening in your life. You must get up and move toward change, or depression will consume you and you'll continue to repeat the same painful situations.

It's helpful to know that your life teachers are powerful. If you're not aware, you can get caught up in feelings of helplessness and victimhood. You must break out of that mindset. Holding on to hurtful people, emotions, and events of the past won't help you heal. It'll only hinder the healing process. Only when you become aware that everything in life is designed to benefit and teach you, is when you'll learn to slow down, self-reflect, and be grateful.

Life has ways of teaching us lessons that we may not always understand. Don't focus so much on the methods of teaching. Instead focus on what the lessons are. No matter your profession, religion, race, or financial status, we all have lessons to learn that're specific to each individual. What've you learned lately? Are you so broken that you can't see what life is trying to teach you and why? Have you become so bitter and cold-hearted that you've given up on life and overcoming obstacles? Have you become so overwhelmed by the multitude of changes in your life that all you desire is a peaceful life that's filled with love? Wake up now! Understand that for you to know and appreciate tranquility and joy, you must go through periods of suffering. The same is true for everything. To appreciate the positive side of life, you have to experience its opposite.

We all have teachers that've issued continuously blows to our heart during certain periods of our lives. Below is a list of ways that your life teachers affect you daily:

- Cause you to question the purpose of your existence.
- Conjure bitterness and hatefulness from within.
- Help you eradicate selfishness and think about the greater good of all.
- Help you see your connection to everyone and everything.
- Make you cry, laugh, and find beauty in everything.
- Make you more respectful and appreciative of life.
- Make you question the loyalty and intentions of your friends and family.
- Help you feel the benefits of solitude and meditation.
- Help you understand that being alone doesn't always equate to loneliness.
- Show you how to be responsible.
- Teach you understanding and forgiveness.

Whatever you're going through, it has more to do with your mentality, actions, and growth process than an adversarial situation or person. The only way to overcome any obstacles in your life is to understand the lessons that've been given by life your teachers. There is no effortless way to get through life lessons. You'll do more crying than laughing during tough situations. But if you work through the rain, you'll eventually experience the sunshine. Life teachers can break you if you allow them to. And if you become broken, you'll have more life lessons headed your way. The quickest way to getting through a life lesson is to begin self-development as soon as you understand the reason behind the painful situation you're going through.

Below are ways to overcome your life lessons and thrive after:

- Be grateful for what you're going through because you'll be a better person as a result of your experience.
- Be patient.
- Keep hateful, bitter, and evil feelings out of your heart.
- Look at the positives in every situation.
- Own up to the responsibility you have in each circumstance.
- Realize you won't be in pain forever. This too shall pass.
- Trust that voice inside when it tells you that you'll be alright.

Only you are responsible for overcoming anything that's meant to hurt and break you. No one can do it for you, and your lessons won't go away if you ignore them. You'll have many more lessons if you don't learn from adverse situations and realize that the pain is only temporary. Forgiveness is the key to successfully moving through any life-changing event. Allow your teachers to aid you in fulfilling your purpose and becoming the supreme version of yourself.

CHAPTER TWO

TEACHER AND STUDENT

A relationship between a teacher and student where knowledge, love, and understanding are valued, is a special relationship. Will you love all your teachers? No, but you should respect all of them. In daily life, the absence of respect and understanding between teacher and student can cause major problems and can have grave consequences. The teacher is only as good the student, and the student is as only good the teacher.

If you've taken time to become aware of your life lessons, then you've made yourself aware of teachers that aren't as kind as you'd hope for them to be. In fact, they can be persistently rude, abusive, and hateful. How long are you going to dwell on the past? How long are you going to reflect on the amount of times that life has beat you up and hung you by the hair on a line to dry? There is a strong side to you and you have the ability to be strong in everything you do. Can you see that side of you growing, or are you still trying to pick up broken pieces of your heart from your last lesson?

You can't continue to tiptoe in the shadows of life while hoping and praying not to go through any adversity. Ask yourself why the same hurtful people and painful situations continue to show up at your door step? What haven't you learned? Why're you trying to cover up your feelings about circumstances in your life? Not all life lessons are meant to break you. But when you experience them, realize that they're ultimate purpose is to help you begin walking on the

path that'll lead to your purpose. What is your purpose? That's a question you should ask daily until you find the answer.

Below is a list of lessons you can learn through teacher–student interactions:

- Gain inner strength to overcome fear.
- Develop self-love to overcome rejection and the need for validation from others.
- Develop self-respect and show respect to others. In turn, you'll be respected by those you encounter.
- Eliminate ignorance by being open to learn things you didn't know or understand.

People will try to knock you down for a plethora of reasons, but it's not for you to retaliate against them. The purpose of your life lessons is to guide you toward becoming the person you're meant to be. Your teachers will never lead you in the wrong direction. Everything you go through is a teaching mechanism. Your next steps should be to figure out how you're going to approach your training, which will determine how well you receive information. You were born with the ability to handle every twist and turn in your life. And each twist and turn will lead you to the straight path of your destiny.

Why are you confused about your destiny? You're the only one who knows if the choices you're making will benefit you. Will the decisions you've made bring you closer to your destiny? Did you know that you're in a battle between what the Universe, or your higher self, has for you and what your lower nature, or ego, wants for you? Every day, there's an internal battle between the two. How much are you willing to do to find your purpose? How far are you willing to go to fulfill your destiny? The most beneficial direction for you to go is the path that'll lead to the fulfillment of your purpose and destiny.

Remaining ignorant about your God-given purpose is to forget who you are. It's like having spiritual amnesia. If you're lost right now, you're not alone because many people go through the stage of bewilderment on the way to tapping into the UCC. You may be at a point in your life where you need answers and you want them right now. Are you going to continue complaining about what you could've and should've done? Are you going to keep beating yourself up for missing the mark (sinning) in certain situations? We all fail and miss the mark. There's nothing wrong with failing and there's no reason to feel guilty about missing the mark. That's a natural part of life that makes you wiser and stronger. Failure helps you to better appreciate your successes. Be resilient and tougher than your situation, or you'll crumble before reaching your destiny.

You'll find what's destined for you if you look for it. If you're only interested in playing and having fun, you won't be attracted to your destiny. You'll only encounter the superfluous things you truly desire. You attract what you focus on. You attract what you are, and when the student is ready, the teacher will appear. Even if you're not ready to be the person you're meant to be, your higher self will still send you occasional wake-up calls to help you analyze your character and eventually move toward living out your purpose.

We were born into a reality that tests our ability to cope during the most difficult times. From those tests, we can gauge our spiritual awareness. If you're moping around like a wounded bird, then you haven't learned your lessons and you don't understand the purpose of painfulness. In fact, you've allowed these events to consume you, and you've become trapped in those recurring emotions. Everyone must meet and learn from the same teachers. No one is exempt.

How do you know if you've mastered the training that life has put you through? You know from the way you see the rest of the world in relation to yourself. The heart will tell you

everything you want to know. Do you see the world as a place for competition or cooperation? Do you see the world as every man for themselves, or do you feel that everyone should help each other? Do you feel your spiritual connection to everyone, or do you think you're separate from everyone because flesh is the only reality? When you understand the Oneness of everything, you've taken the right step toward mastering your training and learning your lessons.

Can you ever get past life lessons? Yes, but you'll first have to understand that everything you go through is meant to teach you; not break you. Have you ever met any of your life teachers? If you answered *no*, you should think more about that question because we've all encountered life teachers throughout our entire lives. Life teachers aren't only mentors, preachers, spiritual masters, or so-called gurus. Teachers come in the form of relatives, spouses, death, people you dislike, job-loss, poverty, co-workers, and failure.

Below is a list of spiritual disabilities that your life teachers can help you overcome:

- Aggression
- Anger
- Depression
- Envy
- Fear
- Grief
- Guilt
- Hatred
- Jealousy
- Loneliness

- Lying
- Selfishness
- Self-hate
- Shame

These are just a few disabilities that your life teachers can help you overcome. You're greater than those emotions, and you can defeat them at any time. Do you know what happens when someone doesn't learn their lesson? They become what they fear or hate, and the same tests continuously present themselves. This isn't a place you want to find yourself in. If you want to unlock the codes to your happiness, you must first understand your teachers because they're connected. You should always look to your life teachers for answers.

The faster you learn one lesson, the sooner you can move on to the next. It's true that some lessons hurt worse than others, but they all teach you something, and you must figure out what each message is. If you have a poor attitude, you can trust that many of your lessons will test that area. If you have a strong dislike or hatred for certain behaviors, you'll often encounter them as a test. Universal teachers don't care if you're grieving or sensitive about something. They're impersonal and no respecter of persons. You must learn to move past those circumstances at some point in your life. Repeatedly going through similar situations can feel programmed. It is. Your experiences are programmed based on the frequency you're vibrating on.

Where do these teachers that come in the form of lessons, events, trauma, and tragedy come from? They come from a higher power—your higher self, consciousness, imagination. We all have a spiritual basis for our purpose. Even those who don't consider themselves to be spiritual or religious, still have an eternal soul that programs their physical reality. They create their

reality daily whether they're conscious of it or not. Believing in nothing is one man's belief, just as believing in a divine being is another's. Universal teachers are present at each person's level and spiritual path. You'll never get past anything in this life if you don't recognize something beyond your carnal self. Faith is believing in something beyond what can be seen by the two physical eyes and knowing that what can be seen with your third eye controls what you see with your two eyes. Faith is the **substance** of things hoped for and the **evidence** of things not seen. (Hebrews 11:1 KJV) So your thoughts and emotions have substance. They are things. They're just as real and powerful as what you can see in the physical. You bring things into physical reality with your imagination. Always keep that in mind. It's your universal teachers' goals to help you see beyond your lessons and read between the lines of each test to understand and incorporate the messages.

Do you get the picture? I'm only repeating what you already know deep within. I'm simply relaying messages that you've already been taught by spiritual teachers. It's in your best interest to apply the messages you receive from life lessons to the successive events of your life. Open your eye to the UCC. It's ready to guide you. Why haven't you made changes to your mentality and actions? What're you waiting to see? What do you want to get right? Who're you waiting on to influence you? Procrastination is one of the many problems we all have. It's another distraction. You don't have to wait on a school, business, celebrity, friend, family member, or some "authority" to tell you that it's okay to improve yourself because you are the authority over your soul. Work toward change now and on your own terms without worrying about what others think about you. Distractions are nothing more than experiencing heavy rain on a busy highway with inadequate windshield wipers that're doing a poor job of keeping your view of the road

clear. At this point you're more focused on your windshield wipers than the road and the cars around you. Stay focused and be aware of all the teachers that're operating in your life.

Another problem that many people have is that they're more focused on what has happened to them than how to get through it. A great deal of people would rather be a victim than a victor. Many would rather stay upset and sad than move beyond the issues that life has tossed their way. That doesn't mean when you get hurt, you shouldn't cry or show emotion. It means you must learn how and when to let go of those detrimental feelings so they don't destroy your physical, mental, and spiritual health.

Throughout life, you'll experience your share of happiness and pain. Always remember that every situation is a teacher that gives you the opportunity to learn how to better play the game of life. Life is about balance, so learn to embrace the good and the bad. Once you master that, you can then learn how to turn the bad into good; make lemon pie out of lemons; create a garden out of mud. As long as you keep that mentality, you'll always have the ability to pass life's most difficult tests.

CHAPTER THREE

KA AND BA

How much do you know about your spirit and soul? Did you know that they're different, despite the many people who think they're the same? You must know their differences to understand the UCC. Many times we allow negativity to deeply affect us. The lessons you learn from your teachers are meant to further the development of your Ka and Ba.

Your Ka is your life force energy. It's described as your spirit in ancient Kemet. Each person is born with a Ka that is uniquely theirs. Death occurs when the Ka leaves the body. Your Ba is your personality or unique character. It's described as your soul. In Kemet, it wasn't described as part of the person, but the person himself. The Ka and Ba work together in a balanced being.

Are you balanced? Are you dealing with someone who isn't balanced? Have they influenced you in a way that has altered your Ba/personality over time? Did you know that personalities that're based on fear are out of balance with nature? This may explain why you feel depressed, angry, or anxious and why you can't control your attitude and emotions.

Below is a list of negative personality traits. While looking at the list, focus on the areas you need to improve to create balance with your Ka and Ba. Balance will help you tap into the UCC, which is all about connecting to nature (nurturing force) and the Universe (creative force).

Negative traits that prevent you from tapping into the UCC are as follow:

- Aloof
- Angry
- Arrogant
- Attention-seeking
- Barbaric
- Boisterous
- Careless
- Cold
- Criminal
- Critical
- Cruel
- Cynical
- Deceitful
- Destructive
- Devious
- Discouraged
- Dishonest
- Disloyal
- Disobedient
- Disrespectful
- Dogmatic

- Dirty
- Egocentric
- Envious
- Extravagant
- Faithless
- Fearful
- Greedy
- Gullible
- Hateful
- Hostile
- Ignorant
- Impulsive
- Impractical
- Impatient
- Inconsiderate
- Indecisive
- Indulgent
- Insecure
- Insulting
- Irresponsible
- Lazy
- Low self-esteem
- Malicious

- Materialistic
- Naïve
- Narcissistic
- Narrow-minded
- Neurotic
- Obnoxious
- Obsessive
- Oblivious
- One-dimensional
- Oppressed
- Oppressive
- Paranoid
- Passive
- Pitiful
- Procrastination
- Repression
- Resentful
- Rigid
- Selfish
- Self-hate
- Self-indulgent
- Shallow-minded
- Stubborn

- Submissive
- Superficial
- Suppressive
- Unappreciative
- Unrealistic
- Unreliable
- Vague
- Victim mentality
- Weak-minded
- Weak-willed
- Wishful

There are most likely many more negative traits that'll prevent you from accessing the power of the UCC, but the above list should get you started in the right direction. Balance is extremely important quality, and it's mandatory that you incorporate it for a peaceful and prosperous life.

Now let's look at a list of positive personality traits that'll help you access the power of the UCC. By tapping into the universal power source, you'll be able to attract the things you need to experience a healthy and abundant life that's filled with love.

Positive Traits that help you access the power of the UCC are as follows:

- Alert
- Agreeable
- Adaptable
- Accessible

- Aspiration
- Attractiveness
- Balance
- Benevolent
- Brilliance
- Calmness
- Captivating
- Caring
- Challenging
- Charming
- Clear-headed
- Confident
- Considerate
- Creative
- Curious
- Cultured
- Daring
- Deep-minded
- Disciplined
- Discreet
- Decent
- Dynamic
- Earnest

- Efficient
- Elegant
- Eloquent
- Enthusiastic
- Even-tempered
- Fair
- Faithful
- Forgiving
- Forthright
- Freethinking
- Fun-loving
- Generous
- Gentle
- Genuine
- Good-natured
- Hardworking
- Helpful
- Honest
- Honorable
- Humble
- Imaginative
- Intelligent
- Inquisitive

- Kind
- Loyal
- Respectful
- Self-educated
- Sense-of-humor
- Serious
- Sharing
- Sociable
- Sophisticated
- Stable
- Steadfast
- Sweet
- Upright
- Trusting
- Truth-seeking
- Vivacious
- Wise
- Warm personality
- Well-rounded
- Youthful

The more you understand the above traits, the more you'll understand how to become balanced and tap into the power of the UCC, which lies within. When you focus on the positive aspects of life, you'll feel so much better internally, and your external circumstances will begin

to reflect that. It should be your goal to feel joyful at all times no matter what's going on in your life. When you move into this state, your outer circumstances won't dictate your mood and your imagination will determine your experiences.

Teachers give you lessons to make you strong. Even though weakness may be part of the process, its purpose is to help you to purge old ways of thinking, feeling, and behaving. Most of all, weakness purges old and outdated beliefs that contradict your true essence. If you look deep within, you'll find your purpose. If you aren't actively seeking your purpose and destiny, your teachers will attempt to make you aware of them through tests and tumultuous times.

If you're holding on to the past, you're simultaneously punishing your future? You're called to do whatever your job is in this lifetime; not to people-please and be accepted by everyone. Be prepared to have a small circle of friends and associates if you're truly walking on a spiritual path. Since you can have anything you desire, why not ask the Universe, or your God, to connect you with your destiny? Your existence isn't absent of a purpose. The sooner you find out what your purpose is, the sooner you'll feel a sense of satisfaction and fulfillment.

Get out of your own way by controlling your level of negativity. The more you purge negative traits and develop positive ones, the more joyful and complete you'll feel. The stronger you become from tribulations that had the potential to break you, the more triumphant and confident you'll be in future endeavors.

CHAPTER FOUR

UNIVERSAL LAWS

It doesn't matter what you believe in, one thing is clear, all of our physical bodies will experience death. This makes our time on Earth more precious and meaningful. This is a realm of duality—order and chaos, love and fear, light and darkness, male and female. Balancing these opposing energies within is of major importance when trying to access the power of the Universal Consciousness Connection. But most important is your desire to connect to a higher or greater force. You may give it names such as Christ, Buddha, Allah God, or Universe. Regardless of the name, these are terms to describe your higher self, the part of you that's still connected to the Source. Striving to connect to this part of yourself will help you grow, flourish, and gain knowledge of self.

How much do you know about yourself? Are you a loving person? Do you easily forgive? Do you mistreat others and use them? Are you a selfish person that thinks of no one but him- or herself? How you answer these questions determines what universal forces you're allowing to guide your thoughts, emotions, actions. Everyone is connected to the Source, but unless you're aware of this fact and have a desire to understand your connection to everything,

you won't have access to the knowledge that'll give you the power to positively change the circumstances in your life.

Once you understand the UCC, you'll be in the Knowing Stage of life. The Knowing Stage is when you realize your connection to all living things. At this state, you'll understand that whatever your purpose is, it's meant to serve the greater good of the Universe. You'll have a selfless love for all things. In your awareness, you'll have a desire for others to become aware of the UCC and realize their full potential. When people aren't happy with their lives or if they don't want to believe in the Oneness of everything, they look for failure in themselves and others as a way to "prove" the truth of their beliefs. But what they've failed to realize is that whatever you focus on, will appear in your life. You'll only see what you're ready to see depending on your level of awareness.

When you focus on failure, heartache, struggle, poverty, illness, that's what you'll consistently experience. If you feel like you're not good enough for love, or that only dishonest people become wealthy, or that only people who cheat their way to the top are successful, you're pushing those qualities away from yourself. When you have a positive state of mind you'll attract positivity because like attracts like. Love, health, wealth, joy, and abundance are your natural states of being. Why not focus on those things and see what differences begin to appear in your reality. What's your state of mind?

It's my quest to teach as many people as I can the universal laws that govern our existence. When you follow these laws, you'll experience illumination. You'll experience an elevation of consciousness that'll make you aware of your freedom and infinite potential. Are you living for yourself only, or do you wish to benefit the lives of others? Do you want to receive money and knowledge solely for your benefit or to uplift other people as well? When you

understand that you're connected to everyone because of the UCC, you'll desire to freely share your time, wealth, and knowledge with others, which'll give you a greater sense of connection, love, health, joy, satisfaction, and fulfillment.

You should become of the twelve universal laws that govern every aspect of existence. Knowledge and understanding of them will help you live a more balanced and harmonious life. All these laws work in conjunction with one another. No matter your religion or spiritual beliefs, these laws are applicable to your life and will give you a greater understanding of your life experiences.

Below is a list of the twelve universal laws that govern our reality:

- 1) Law of Divine Oneness
- 2) Law of Vibration
- 3) Law of Action
- 4) Law of Correspondence
- 5) Law of Cause and Effect
- 6) Law of Compensation
- 7) Law of Attraction
- 8) Law of Transmutation
- 9) Law of Relativity
- 10) Law of Polarity
- 11) Law of Rhythm
- 12) Law of Gender

These laws will help you understand and access the power of the UCC. Whether or not you adhere to these laws is your choice because you have free will. You shouldn't be judged if you decide not to believe in or apply these laws. At the same time, your mind can be imprisoned and you may be unable to achieve your goals or fulfill your purpose if you choose not to. If you're trying to alter your current reality, you'll have issues if you don't understand universal laws. If you're trying to compete with someone, take someone's place, or achieve something that's not in line with your purpose, you'll constantly struggle. If you choose to live a lifestyle that's imbalanced and out of order with the Universe, you're bound to fail. Universal laws are scientific and exact. They keep everything balanced. Many people want to live outside of the universal order because of fear, greed, hate, anger, prejudice, and other limiting beliefs. This only leads to destruction, death, and disaster.

Let's look at each law to gain an understanding of them:

- 1) **Law of Divine Oneness:** Everything is connected. Everything we do, say, think, and believe affects others and the universe around us.
- 2) **Law of Vibration:** Everything in the Universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feels, desires, and wills in the Etheric world. Each sound, thing, and thought has its own unique vibrational frequency.
- 3) **The Law of Action:** Must be applied to manifest things on earth. We must engage in actions that support our thoughts, dreams, emotions, and words.
- 4) **Law of Correspondence:** Principles or laws of physics that explain the physical world—energy, Light, vibration, motion—have their corresponding principles in the etheric or universe. “As above, so below”.

- 5) **Law of Cause and Effect:** Nothing happens by chance or outside Universal Laws. Every action has a reaction or consequence, and we reap what we've sown.
- 6) **Law of Compensation:** Law of Cause and Effect applied to blessings and abundance that're provided for us. Visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.
- 7) **Law of Attraction:** Demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies that attract like energies. Positive attracts positive. Negative attracts negative.
- 8) **Law of Transmutation:** All people have the power within to change the conditions of their lives. Higher vibrations consume and transform lower ones. Therefore, each of us can change the energies in our lives by understanding the Universal Laws and applying them in a way that'll effect change.
- 9) **Law of Relativity:** Each person receives a series of problems (Tests of Initiation) to strengthen the Light within. Consider each test to be a challenge and remain connected to your heart when solving problems. This law also teaches us to compare our problems to others' problems and put everything into proper perspective. No matter how bad you think your situation is, someone else is in a worse position. It's all relative.
- 10) **Law of Polarity:** Everything is on a continuum and has an opposite. We can suppress and transform undesirable thoughts by concentrating on the opposite pole. This is a law of mental vibrations.
- 11) **Law of Rhythm:** Everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity and order of the Universe. Learn to rise above negative parts of a cycle by

never getting too excited by never allowing negative things to penetrate your consciousness.

- 12) **Law of Gender:** Everything has its masculine (yang) and feminine (yin) principles, and these are the basis for all creation. You must balance the masculine and feminine energies within yourself to become a Master and true co-creator with God.

Your understanding and application of these laws is critical to your mental capabilities, material success, emotional stability, and spiritual development. Unlock your personal power and infinite potential by understanding your part in the UCC. Become the Supreme Being that you truly are and encourage others to do the same. We're all connected. We're all one, and we should love each other accordingly.

Poverty, struggle, pain, brokenness, suffering, and sadness aren't states that we're meant to live in. Move into alignment with your higher self by focusing your consciousness on the opposite polarity—joy, abundance, prosperity, wealth, health, love, and happiness. No one and nothing can hold you back from reaching your full potential. You can go as far as your consciousness can conceive. Racism, prejudice, hatred, sexism, abuse, poverty, and illness can only hold you back if you give those energies power through your belief in them and constant focus on them. Begin to move into a new reality now by reprogramming your consciousness and eliminating limiting beliefs from your awareness. You are a powerful being. Act accordingly.

If you aren't happy with your environment, change it. If you aren't satisfied with your love life, change it. If you're discouraged by the amount of money you make, change it. If you dislike your career, change it. Stop complaining, start believing, and take actions that're in alignment with your desires.

CHAPTER FIVE

AWARENESS OF THE UCC

Only you can tap into the Universal Consciousness Connection for yourself. Doing this will give you access to the knowledge that'll make your journey one of great learning. Your connection to everything gives you the abilities to know what path you should take how to use life teachers to propel you toward success. When things get tough, don't back down or hide from your problems. Refuse to give up. Let go of the victim mentality where you feel like the world is against you. Your tests are designed to move you toward the life you desire. It may be tough for you now, but soon you'll reap the rewards of hard work and perseverance. In the future, you may even become disciplined enough to create lessons for yourself because you've realized how beneficial periods of struggle can be.

These are simple concepts, but may be difficult to consistently implement into your life. The good news is that you have all the tools you need within yourself to prepare for and overcome this transition. You're destined to do remarkable things. You just have to believe in yourself to move to the next level. Balance logic and spiritual reasoning while learning lessons to not only get through your tests, but to successfully flourish and prosper.

Do you alternate from a warm, loving, and caring heart to one that's cold, bitter, and angry? What lessons are you learning that'll allow you consistently practice love and forgiveness? How do you plan to avoid extreme highs and lows to remain mentally and emotionally balanced? How will you better handle your next lessons? It's time to stop using your negative circumstances as a crutch and open your heart to the infinite possibilities that exist for your life.

Life isn't all about pain and it's also not solely about happiness. Your life experiences should be a balance of the two. Life won't exist when there's too much rain or too much sun. The balance of the two allows everything to flourish. The same goes for your consciousness. Appreciate the gloomy days as much as you appreciate when everything is going your way because the rainy days make the sunny days that much better. Your struggles give you the strength and wisdom for success and prosperity. When you feel like you want to give up, remember your importance to the UCC and the Light you can add to the world. By understanding the UCC, you'll be able to co-exist around others who're different from you without feeling the need to judge, condemn, or force your beliefs on them. You'll be a more peaceful person. Therefore, your environment will be more harmonious.

Are you afraid to access the UCC? Are you afraid of the power that dwells within? Do you have limiting beliefs that you're undeserving of success because you're worthless, insignificant, or an unworthy sinner? Do you feel like God is outside of you and only bestows prosperity on chosen people? If so, you're holding yourself back with thoughts and feels that make up your vibration. There is no one else to blame.

Once you realize that God is within, you can begin to tap into your infinite potential and shape your reality to one that you desire. Your consistent thoughts, feelings, and actions are

responsible for your current situation. Break free from the programming you were given from parents, family, church, friends, media. Be who you want to be by reprogramming your subconscious mind. Fill it with ideas of abundance, joy, success, health, and happiness. Your idea of success may be monetary wealth, an enjoyable career, to be a good parent, or to become a loving spouse. If you can think it, you can do it.

Many people find fulfillment in their financial or career-based accomplishments. But there comes a time when you must move beyond that and develop your true self, which is of a spiritual nature. After developing your spiritual self, your material wants will flow to you more easily. “Seek ye first his kingdom of God and his righteousness, and all these things shall be added unto you.” (Matthew 6:33 KJV) “The kingdom of Heaven is within you. And whosoever shall know himself, shall find it.” (Kemetic proverb) “The Kingdom of God is within you.” (Luke 17:21 KJV) Heaven and the kingdom of God aren’t places, they’re states of mind. Create heaven for yourself by changing your consciousness. The course of your life is dependent upon your mindset and attitude. Take negative events in stride and know that a rainbow is always on the other side.

Below is a list of actions, emotions, and events that can propel growth in our lives:

- Anger
- Abuse
- Birth
- Crying
- Death
- Fear

- Homelessness
- Job loss
- Laughter
- Limiting the amount of time you watch and listen to negative content
- Listening to positive affirmations
- Listening to positive music and solfeggio frequencies
- Love
- Meditation
- Parenting
- Poverty
- Reading self-help books
- Sadness
- Shock
- Studying nature
- Trauma
- Volunteering

These aren't the only ways to foster growth, but they're excellent teachers of life lessons.

Learn not to be so serious all the time and enjoy yourself as much as possible during these experiences. Even the negative ones. Who you truly are is the person you are during your lowest moments.

How do you tap into the UCC? The process is simple. Anything that's not simple isn't beneficial. The difficulty of implementation is dependent on your current mentality, emotional

IQ, spiritual discernment, and will to improve your life. Everything you go through is an opportunity to connect to your spiritual self. Your life teachers want to foster your soul's growth and improve your spiritual maturity. As with anything, the more you know, the more you can accelerate the process. A detrimental thing to do is to remain at a certain point in life by refusing to grow and mature. Life will bring about you changes and drama when you're not where you're supposed to be in life. Your ability to process and internalize your lessons is the final key to unlocking the power of the UCC, so stay focused and remain on course. How many times have you missed messages that your teachers were trying to convey? We've all experienced lessons that've made us uncomfortable. It's the uncomfortableness of the learning process that helps you gain a better understanding of your current level of spirituality and the amount of growth needed.

No one has an insignificant role in the universe. All our roles are intricate and important in helping the world transform to the next level of love and evolution. Your ultimate goal should be to achieve enlightenment by unlocking the full potential of your consciousness. To achieve this, you must display that you can be trusted with the knowledge that it takes to understand the UCC. If you're not truthful with yourself, how can you gain access to the greatest part of yourself.

When you're going through a tough situation, you shouldn't allow that to change your demeanor and how you treat others. I can't give you all the answers, but I can give you the keys to find the answers for yourself. There isn't one way to spiritual growth and self-development. Everyone must find what works best for them because everyone has their own purpose and journey. Activate your inner curiosity and desire to get the process started. You can't awaken if you don't have the desire to gain the knowledge and put in the work to reach a higher level of consciousness. No one can do it for you. The next step to awakening is understanding that your

thoughts, feelings, beliefs, and actions have an impact on not only your soul but everyone else as well because everything is connected.

Adversity keeps some people stuck, but it doesn't have effect on you in that way. Your heart and consciousness must seek the truth if you want adversity to catapult you to greatness.

Below is a list of lessons that'll help you awaken to the UCC and move toward living your purpose:

- Abandonment
- Loneliness
- Fear
- Abuse
- Neglect

Only you can grasp the key to your divine purpose through resilience, strength, respect, receptivity to learning, listening, and honesty. Opening one door will allow other doors to be opened for you.

Each life lesson has jewels embedded. You can pout during negative experiences or bask in the opportunities for growth and learning. The lessons you should learn can be obvious. But sometimes they're hard to see because your situation is so chaotic. No matter how tumultuous your situation, there's always a lesson and greater purpose on the other side of the storm.

How you react to tough times is a testament to your true character. How do you behave when the chips are down? Are you only a pleasant person when things are going your way? Do you try to bring others down or get revenge when you've been lied to or hurt? These are

questions you must ask yourself. Gain the ability to be confident, gracious, and grateful during the worst of times. You'll show your teachers that you're learning your life lessons and that you're ready to move to the next level of your journey.

Understand the purpose of your teachers to out-think them. Situations can knock the wind out of you or even knock you off your feet. Pain can't always be avoided. But if you understand the purpose behind the pain, you can remain emotionally leveled and soar through your tests with flying colors. Don't allow events of the past to keep you in fear and make you avoid facing the obstacle you need to overcome for growth. When you remain strong and stay focused on the present, you'll be able to move past your recurring lessons. Most never connect to their higher selves. Instead, they dwell on negativity rather than focusing on how to overcome.

Universal teachers will send messages when you least expect it to correct your behavior. Keep your eyes open and remain aware of what's going on in your life. If something feels too good to be true, it may be a life teacher. These teachers can have a crippling effect on your mind if you don't remain alert. Why do the same lessons keep following you like a shadow? Or worse, why're you looking around in expectation of those lessons? When are you going to accept the challenge of facing your adversities head on? For you to move to the next spiritual level, you must first overcome the tests at your current level.

Keep the lessons you've learned close to your heart. What you choose to become as a result of adversity is the key to unlocking your power within. Strive toward finding your purpose and how you can benefit the greater good of the Universe. You can either become the supreme or worst version of yourself. The choice is yours. Your destiny is calling. How will you answer?

CHAPTER SIX

ACCESS THE POWER OF THE UCC

Now that you understand the role you play in self-development, you should know that everything happens in stages. At each stage you must prove that you've learned by your actions and feelings toward others. In the beginning stages of learning truth, you'll seek to learn a vast amount in a short period. Your tolerance for foolishness and childish behavior by others will be low. Confusion and negative people will gradually be removed. There'll be no more place for that in your life. As your awareness elevates and you gain more knowledge, your circle of friends and associates will gradually become smaller. But they can be replaced with people who are vibrating on the same positive frequency as you.

This time in your life is crucial because you'll begin to question everything you see, hear, and read. It's a wonderful feeling because you're now becoming a seeker of truth, knowledge, wisdom, and understanding. How bad do you want to access the power of the Universal Consciousness Connection? Your thoughts, feelings, and actions will determine if you're able to connect to your higher self.

There'll be days when you feel that you've learned very little, and there'll be days when you're overwhelmed with information. The important thing is that you progress, no matter the

pace. Unlocking the power of the God within is a powerful and fulfilling experience. Look forward to a new level of awareness and understanding about yourself and life.

Below are seven factors that determine your capability of accessing the power of the Universal Consciousness Connection:

- Ability to be non-judgmental and tolerant of diverse thoughts, ideas, and beliefs
- Desire to feel your connection to everything
- Desire to know your true self.
- Hunger for knowledge
- Level of awareness
- Mental, physical, and emotional states of being.
- Slow to anger because of your ability to understand why others feel the way they do.

Ask yourself how difficult it'll be to improve each of these factors. Is the development of your soul worth the consistent work it'll take to improve these aspects of yourself? Is your happiness and peace worth it? As you work on elevating your level of consciousness, keep a daily journal that tracks your progress and your feelings during this process.

Many of your early life teachers may not have been very friendly, and the road may've been tough. But your actions and thoughts during your low points will decide if you move to the next stage of learning. Many people can't get past a current stage to take on new challenges that'll benefit their growth and development. As a result, they stay stuck in the same types of relationships or jobs for many years.

Life can bring out the best and worst in all of us. The truth is that many can't handle the challenges they're faced with, so they give up and crumble under the pressure. Your stages can

to be as easy or as difficult as you choose to make them. Your attitude determines the level of difficulty. No matter the difficulty, your lessons are designed to help you to understand the best and worst qualities about yourself. What're your worst and best characteristics? Are you at your best or at your worst when things aren't going in your favor. How do you behave when life isn't going your way in comparison to when it is? Why do you choose to react to external circumstances rather than create the circumstances you want by consistently being conscious of your thoughts, feeling, and actions?

When we act without thinking, we leave out many of the steps and processes that're necessary to make correct decisions. Life can bring about many personal growth changes that we wouldn't choose to experience even if we knew how much they'd help us in the long run. What positive changes have happened in your life that were a result of a traumatic experience? You won't grow during a challenging time if you take on the mindset that life isn't fair. When you're in an uncomfortable situation, focus on the result of that situation where you're triumphantly victorious. That stage will pass, so don't allow yourself to lose faith and give up.

How many uncomfortable stages has life taken you through? You're not going through certain things because the world is against you. That's not how it works. Life lessons are part of everyone's life because everyone has room for spiritual growth. At times, you may feel like you're going to break, but don't give in to those feelings. Your strength will come from your ability to always master and control your emotions. Your mentality and attitude influence the things around you. Stop allowing people and things to take away from your true essence. That's one of chaos' strategy so that you'll get knocked off the correct path.

Guard your spirit, mind, and soul during tough times. Are you overjoyed one minute and miserable the next? Learn to keep an even temperament no matter what situation you're in. With

every negative emotion and experience comes a better understanding of yourself and the big picture. Are you loving and caring, or are you mean and rude? What images and ideas are you allowing into your heart and mind? Every image and idea affects your consciousness, and your consciousness affects your reality. How do you handle negative situations? Are a strong and loving person, or have you fooled yourself into believing that you are because it sounds good? Don't feel guilty if you've allowed chaos to alter your character. That's an opportunity to make an honest analysis of yourself and change what you don't like about yourself. If you don't gain wisdom from your failures, you won't be able to improve any aspect of your life and you'll repeatedly experience the same situations. Knowledge of self can remove you from the loop of the same repeated lessons.

I'm at a stage where many of the doors that used to be closed are now open for me. I still have more to learn about myself and the Universe because life is a never-ending learning process, but I do understand the Universal Laws that govern all life. This has helped me immensely. When you learn lessons, you'll make considerable progress unless something horrific throws you right back in that same place. When this happens, it doesn't mean that you haven't passed that particular stage. Instead, your ability to understand yourself and the things that trouble you is becoming greater. During this stage, change becomes familiar. You no longer become stuck in the past and afraid of change, which is excellent because change is the only constant in the Universe.

Where are you now in life? Are you still that same person you were three, six, or even nine years ago? If you're a person that has constantly progressed, how did you do it? How did you process and overcome experiences that could've broken you? Continue to press on and

watch how you being to flourish and prosper. People will think you're lucky, but they will have failed to look at all the mental and spiritual work you've put in.

You can't move forward by holding on to things that've hurt you the most. You'll never progress by focusing on the past, and your teachers will begin to put you through tougher obstacles. Learn to quickly let go if you don't want to continue dealing with the same life lesson. You'll never forgive yourself if you end up stuck with the same teacher at the end of your life because that'll mean you didn't put in the effort to comprehend the lessons that were being taught throughout your life. No matter what happens, it's your job to find the message in in each tribulation. If you choose not to, you'll be missing out on powerful opportunities to experience the power of the UCC.

CHAPTER SEVEN

THE DOOR OF PURPOSE AND DESTINY

When you access the Universal Consciousness Connection, you add power to your life that no one can remove or diminish. You'll understand that you're never alone and that the Universal God force is working through you at all times.

You have the freewill to choose whether to live in your purpose or not. No one can make that decision for you. If you choose not to, you may not feel complete or fulfilled. You may experience more unhappiness than otherwise. The reason many people are miserable is because they are either unaware of their purpose, or they've chosen not to do the work that'll allow them to find their purpose. Many times, the only way the universal teachers can get your attention is by touching your soul through a traumatic experience. Over time, those experiences will improve your ability to merge spirituality with logical thinking. When you decide to walk through the door of purpose and destiny, you'll be tested until you're prepared to add to the greater good of the Universe.

Have you walked through that door? What have been your experiences since you've done so? It'll take the power of the Source to overcome the situations you're currently experiencing. Will and destiny work well together. If you have the will to live out your destiny and purpose, you'll achieve whatever you want. When you were born, the door of purpose and destiny was

opened for you and is available until death. It's your choice when you decide to walk through that door and live a more peaceful and prosperous life.

Don't allow time to slip away without you fulfilling your destiny. Neglecting your purpose can be torturous to the soul and cause hell on earth. Hell is a state of mind and when you refuse to do your part that'll benefit the Universe, your soul will be tormented. And you'll carry that vibration with you to the next life. Death won't help you escape the fact that you ran away from destiny for this entire life. Moving toward your destiny is a major step in your spiritual growth process. Balancing your lower and higher natures will help you become the supreme version of yourself. Don't let anyone convince you that you can't break out of the current situation you're in. Surround yourself with positive people who'll provide constructive criticism and upliftment.

Giants tower over others mentally; not physically. Become a mental giant and achieve what you want out of life. Once you become aware of your purpose, you won't have a desire to do anything else. Many people are living life based on what others want or expect out them, and they're out of touch with their true abilities because they've refused to follow their heart. Live life in a way that brings you joy, fulfillment, and contentment. I can give you the road map to your destiny, but I can't make you follow it. You must become aware of your purpose and consciously decide to follow that path.

Below is a list of ways you walk through the door of purpose and destiny:

- Determine your short-term and long-term goals and desires for your life. Do things that make you happy. Your soul is naturally drawn to what you're supposed to do in life, so follow what you enjoy doing.

- Diminish fear. When you're following your destiny, you'll be taken care of at every turn.
- Keep an open heart and mind. Every situation won't turn out how you planned. Most of the time, things will turn out better than you imagined. Relax your need for complete control. Let go and let God.
- Surround yourself with driven, goal-oriented, like-minded people. You become who you associate with.

You may experience many opportunities before you find what you're meant to do. Every experience will make you more prepared for what you're truly supposed to do. Your path may be a winding road before you find the path to your destiny, and that's okay. No matter how difficult, every situation will benefit you somehow in the long-term. Eliminate fear and don't be afraid of fresh ideas, new associates, and diverse beliefs. People, ideas, and beliefs that you may not currently be aware of can be catalysts to your spiritual development.

CHAPTER EIGHT

HOW TO LEARN FROM YOUR TEACHERS

Learning from your teachers can be difficult and scary at times. But we shouldn't fear our teachers. We should look to them for guidance. Life lessons can steer you toward your purpose and to teach you how to navigate through this reality as productively as possible. In time, your lessons will help you mature.

Below is a list of teachers who've shown up in everyone's life at some point:

- Abuse
- Birth
- Death
- Failure
- Fear
- Happiness
- Heartbreak
- Illness
- Love
- Rejection

- Revenge
- Success
- Trauma

These are several teachers that have shown up at an appointed time in most people's lives. It's not difficult to learn from your teacher if you understand that everything in life is meant to get you in touch with your true self. Your true self is pure love. When you become in tune with this aspect of yourself, you'll have love and respect for all living things because you'll understand your connection to everything.

Your emotions during demanding situations shows your level of preparedness for handling those issues. Lessons aren't just for you to learn about others around you. They're for you to adjust your thoughts and behaviors. To unlock the power of the Universal Consciousness Connection, it takes plenty of understanding, willingness to learn, and balance. Therefore, before you throw in the towel, realize that your life's journey is just beginning. The only way for you to become the best person you can be is to see the worst parts of yourself.

To fully learn your lessons, you must remove your ego self from the equation. Ego is the biggest destroyer of your ability to access your universal power. It blocks you from becoming unselfish, caring, and thoughtful of others. Ego makes you think you can accomplish anything by relying solely on your intellectual abilities, which is false. Balancing the spiritual/creative and the intellectual parts of yourself is the most efficient way to achieve your desires. Your spiritual nature is what allows you to feel your connection to all things.

Where are you in the learning process? How close are you to living out your purpose? Could you progress further by focusing on solving your issues rather than complaining about

how tough your situation is? Don't allow yourself to be knocked off balance by things you can't control. You can always control your attitude and emotions, so always focus on doing that no matter what you're going through. When you learn to keep a positive mindset throughout the most uncomfortable situations, the number of those types of situations will begin to reduce. By remaining positive through any circumstance, you'll change your vibration and thus, will begin to attract more positivity into your life than negativity.

Below is a list of methods of how to get the most out of your lessons and change your vibration to experience more positivity in the future:

- Ask the God within to take over and let that force lead you to gain clarity and understanding about yourself and the Universe.
- Balance your emotions with logical thinking.
- Be open to assistance from diverse avenues.
- Don't focus on what you don't want. Focus on what you want because what you focus on expands.
- Don't take anything personally.
- Keep your emotions balanced and avoid overreaction.
- Remain positive during the roughest lessons.

These ways of thinking, feeling, and behaving will help you get to the next level of your journey toward fulfillment of your life purpose.

How are you handling each stage of your development? Are you being forced to learn something you don't want to learn? If so, welcome those growing pains. They'll help you move from the infant stage of spirituality to adulthood.

Many people are stuck in infancy or childhood levels of spiritual development. Material things and intellectualism can never replace who you truly are, which is a spiritual being.

Through knowledge of self and development of your true nature, you'll be at peace and able to create positive changes in the world. You can't affect positive change in the world outside of you through judgment and blaming. By creating a positive internal vibration, the world around you will naturally become peaceful, harmonious, and full of love. Be the change, and all forms of prosperity will flow naturally.

CHAPTER NINE

ACCEPTANCE

Now that you know how to connect with the UCC and find your purpose, be willing to accept your destiny as it has been set forth for by the Universe. You should now see the benefits of having people around you that bring positive energy. Don't allow the decisions you make to be based on the opinions of others. Find your purpose, what makes you happy, and take actions based on those things. After you've gone through the fire, your diamond soul will bring Light to everyone you encounter.

If you're still at a point in your life where you care about appeasing the feeling of others so that you'll be accepted by everyone, it's okay. You have nothing to be ashamed of. But understand that you can't please everyone and no matter what decisions you make, someone will be unhappy with them. Living for other people and caring about what others think of you won't lead to a fulfilling or prosperous life. Don't force yourself to change immediately. As you gain more knowledge about yourself and the Universe, your confidence will naturally build and your desire to appease others will organically be released.

In the process of finding out what your true calling is, you may try many things that fail or make you feel miserable. You may toil and labor to achieve the highest level at whatever it is

you're doing, only to never be rewarded. That's because you can't force yourself to have something that's not for you. When you find your purpose, your work will be a labor of love. You'll be going with the flow instead of fighting upstream. No matter how much you compete for something that's not destined for you, you'll never achieve your goals in that area. A good indicator that you're working in the arena that's destined for you is when things begin to naturally fall in place. When you've been working twelve hours and it feels like one hour; that's when you know you're onto something magikal and powerful.

How many people know their purpose or destiny? How many people are doing what they're born to do? There are many people in both categories. When those who don't know their purpose become angry or jealous of those that do, they're blocking themselves from receiving the blessing that're due to them. And they're failing to see the amount of spiritual work put forth by the people in the knowing category well before they arrived at a place of fulfillment and prosperity.

You're only blocking yourself from taking part in the remarkable things that life has for you when you harbor a jealous or hateful attitude toward those who're successful. It's completely unnecessary and wasted energy. If you use that energy toward gaining knowledge, wisdom, and understanding, you'd begin to move toward and eventually be in a place of joy, peace, and abundance. Everyone has the ability to be successful and find and fulfill their purpose. Dedication and discipline regarding mental, emotional, and spiritual development are the keys to knowing the power of the UCC and accessing the infinite potential of the God within.

CHAPTER TEN

CONNECT TO YOUR TRUE SELF

Your awareness of your actions, thoughts, and feelings is a major key to the improvement of your total being. At that stage, you can begin to grow by changing the negative aspects of yourself. You must be willing to look at yourself and admit that change is needed to progress as a spiritual being.

What lies have you told to deceive yourself into thinking that you have no room for growth? Have you fooled yourself into believing you're something that you're not? Do you act in a way that's contrary to who you really are? Loving yourself begins with knowing who you are and changing the characteristics you don't like by developing qualities that're beneficial to yourself and humanity.

Have you been hurtful toward others? Have you damaged the emotional state of loved ones? Are you selfish, abusive, greedy, or deceptive? Can you accept that you've tormented others, humble yourself, and ask for forgiveness? The people that're closest to you can help you through the growth process, but you must first be honest about who you are.

Below is a list of behaviors that you can emotionally harm others:

- Act as if your thoughts, feelings, and beliefs are more important.
- Always teach or preach to but never listen.
- Attention-hog.
- Feel like everyone is out to get you so you distrust those who are trustworthy.
- Feel like your knowledge is superior to everyone else's.
- Get upset when things don't happen the way you want them to.
- Judgmental.
- Lack patience and understanding.
- Narcissistic.
- Selfishness.
- Treat people like servants instead of equals.
- Quick to become angry.

Treating people in these ways shows that you don't understand the UCC and how it relates to the connection that everyone has to one another. This mindset will block you from reaching your full potential and becoming the supreme version of yourself.

Are you willing to work toward change? Why won't you listen when you're being told that your behavior is causing more damage than good? Your nasty and ugly attitude doesn't make you superior. It shows your insecurity, and you're projecting that insecurity onto others to make them feel as weak as you do. How can you understand other people if you're judging them and tearing them down? How can you learn from others if you always talk and never listen? You can't. You should love others as you love yourself, but first you have to love yourself.

You have so much to say about those who've hurt you, but now is the time to look at your behavior and acknowledge the negative effect you've had on others. You're not innocent, and you have a part to play in all that happens to you. The more you open your heart, the better businessperson, colleague, friend, spouse, parent, child, sibling you'll be. If you're not willing to see yourself in the way that you really are, the UCC won't work for you. It guides us in our daily interactions with all people and situations. The thing that people struggle with the most is the ability to see themselves for who they truly are. It's easy to recognize and bring attention to the faults of others, but not so easy to admit your own shortcomings. How're you going to make the necessary changes for spiritual development and enlightenment? When are you going to decide to make these changes? The longer you procrastinate this process, the more stress, negativity, and life lessons you'll experience.

What have you done in life that has caused you to hide behind a façade instead of revealing your true self? Why aren't you ready to have everything in this life that the Universe designed for you to have? You're not ready because you're not prepared to be real with yourself and face the fact that you don't like who you are. Deceiving yourself and others about your true character doesn't make it reality. Universal teachers know who you are and what you have the potential to become. They're waiting for you to realize that potential. Your supreme self has yet to be seen because you're holding back who you are in fear of what others may say about you. If you can't be real with yourself, why would anyone be real with you? How can you know what knowledge to seek for spiritual growth if you're not being truthful about what you need to improve on? Listen to your heart and move out of your own way.

When was the last time you stopped trying to be liked by everyone else and decided to accept your weaknesses and failures? When will you get a grip on this thing called life? You will when

you allow the UCC to work through you and lead you to the greatest part of yourself. We're all here for a short amount of time. Can you envision your true self as a phoenix that rises from the ashes? Or are you sitting back while placing blame on everything and anyone that presents itself as an obstacle? Our lessons sometimes don't make sense while they're occurring. Many times, they don't make sense until after we're removed from a that situation. When you have an extremely painful experience, the hurt gradually diminishes as times passes.

If your thoughts are negative, you'll unconsciously deal with people a negative way, and they'll return the favor. It's a constant cycle that only you can break by changing your thoughts to positive ones. You may not be able to understand why others mistreat you, but you can trace their actions toward you to your thoughts and emotions. No matter what front you put on for people, your heart, mind, and soul hold the truth of who you really are. On a spiritual level, you're constantly communicating with everyone, and when others deal with you, they respond to your true nature, which may be hidden on the surface. But you can never really hide your true self that's made up of your constant thoughts, beliefs, and feelings. Nothing happens randomly or undeservedly. Always look at yourself first in every situation.

Have you been able to connect to yourself? Are you evaluating what you need to work on to become the best You that has ever existed? The more you see yourself through false eyes, the harder it'll be to access the UCC. To access this power, you must have a powerful desire to understand and connect to the Source. How bad do you want it? That's a significant question that you must ask and answer for yourself. When you want to know the truth about anything, you must seek it first before you can find it. When you ask the questions you want to know, everything else will fall into place and the answers are sure to follow.

Stop allowing how people feel about you to determine who you become. Acting in the way that the rest of the world sees you is a discomfoting place to be. Give more than a glance at your true self. Take a deep, insightful look internally. Acknowledge the faults that've caused your downfall many times. If you seek to hurt others, turn away from that method of thinking because it's out of tune with universal laws. The decisions you make can lead you to the light or down a dark, confusing, lonely road. The choice is yours.

Below is a list of things to be aware of during the awaking process of accessing the power of the UCC:

- Admit when you're wrong and correct your behavior. Don't blame others.
- Don't be afraid to fail. Learn from your failures and try an innovative approach. Failure doesn't have to be permanent defeat.
- The company you keep.
- Universal teachers and the lessons they're trying to teach you.
- Your attitude. Have a sense of urgency toward growth and learning instead of a nonchalant attitude.

You won't progress in life by pretending to be perfect. As within, so without. As above, so below. Things that happen to you, are reflections of what is occurring within you. Alter your psyche to alter your circumstances.

Are you easily affected by negative events? How many times have you had an emotional reaction about something that you were afraid was going to happen, but it never actually happened? Your emotional well-being plays a significant role in your ability to access the UCC. You spark change when you're centered, open-minded, compassionate, and aware.

Be patient and give yourself time to experience healing from pain and heartache. Connecting to the Source has more to do with your level of understanding, growth, emotion stability, and self-awareness than anything else. Find out what you're still holding on to and let it go through forgiveness. How many things are you harboring feelings of anger, vengefulness, or guilt over? To tap into your infinite potential, it'll take reaching an advanced state of forgiveness and self-awareness. You can't be great if you haven't learned how to move on from hurt and failure. You also can't reach your full potential if you're not true to yourself.

Are you ready for what life has in store for you? Are you ready to access the UCC to activate your inner power? Have you learned how to put behind you things that aren't beneficial? Do you consistently think about what could've or should've been? Are in in a constant state of regret or guilt about decisions you've made? Trusting yourself is one of the hardest things to do, but also one of the most rewarding. No matter what you've done in your life, you should make an honest analysis of yourself and the tests you've been faced with.

Below is a list of ways to do that:

- Acknowledge when you've failed.
- Be aware of the company you keep and determine whether they're negative or positive influences on your life.
- Own up to your negative behaviors and begin working toward change.
- Realize that you can always do better.
- Be humble.
- Remain emotionally balanced.
- Forgive yourself.

- Take responsibility for your shortcomings.
- Become aware of the areas that you need to improve.
- Understand that greatness doesn't mean perfection. It means being true to yourself by seeing your faults and making the proper corrections.
- Be willing to listen. Be slow to talk and become defensive. You can learn new things with an open mind and heart and a closed mouth.

Never allow your current reality to decide whether you accept your true self. We all see what we want to see, feel what we want to feel, and hear what we want to hear. That's the false reality we create around our true selves. This false reality allows you to reject and mask your true self. Why is it so important that you see yourself? Because, like looking at a mirror to fix your physical appearance, it allows you to improve your mental well-being and spiritual essence. No one can force you to look in the mirror of self-reflection. You must make that decision on your own. If you feel nothing is wrong with you, you'll never see where you need growth. In return, you'll miss out on many of blessings that life has for you.

The path to connect with Source is clear and you only need to look within to find it. Honesty, self-knowledge, self-love, and truth make up the framework that supports the power and stability of the UCC.

Do you use people? Do you feel the world owes you something? Do you feel you are the greatest person on the planet? Then why are you looking for something greater? What do you tell yourself that blinds you from seeing you're a no-good liar, opportunist, greedy, and selfish person? Do you seek destruction over the Light? Do you love the environment you've created

around yourself that supports your jaded thoughts and beliefs? When you take more than you give, you're on a path of darkness, deception, and confusion.

The world isn't your playground to do as you please. In fact, the more you toy with others for your benefit, the longer you'll stay lost. Pull yourself up by truth's bootstraps and accept that there are many areas in your life that need growth. When you do this, you'll be closer to reaching the path of love, peace, healing, and fulfillment. Before you can benefit the greater good of the Universe, you must create emotional and spiritual balance in your life. Getting started is the hardest part. Once you feel the love and satisfaction that comes with living in tune with the Universe, you won't want to go back.

This isn't about religion or anything else that separates and divides people. This process is about becoming spiritually in tune with the One and realizing the connection that all living things have to each other. So what if people don't accept you. So what if you lose friends. So what if people don't like you or what you do. Keep growing and people that want to love and uplift you will enter your life.

Pretending to be someone you're not because it looks good is what got you stuck in the first place. Open your heart and mind to truth, and you'll become aware of more knowledge than ever before. Honest with yourself and receptivity to truth will determine how soon you activate your inner power and potential. You'll always encounter universal teachers. Be receptive to them, keep a positive attitude, and quickly learn your lessons. The more you do this, the more fluid, prosperous, and peaceful your life will be.

If you want to walk in your purpose, you must be ready to see all your faults. If you downplay your behavior, it's because you're not willing to look at the impact it has on others.

Sure, it's hard to look at yourself in the mirror and think about the negative impact you've had on others. But being able to critique yourself shows maturity. No one needs to tell you how negative your attitude is; you already know. Having a negative attitude is detrimental in helping you find your true destiny. Look at what you need to clean up so you can begin to fulfill your purpose. Your destiny won't reveal itself until you make changes that foster personal growth. That's why you've lived your life feeling incomplete and empty. You've been blocking the revelation of your purpose through your thoughts and actions.

When you're ready to begin your journey toward the Light and self-discovery, nothing can stop you. You may have some roadblocks that'll slow you, but with the right attitude, those tests can make you more prepared to live out your purpose. You'll receive what's for you when you've aligned yourself with the Universe. You can attract your blessings when your vibration is aligned with the positive things that life wants to bestow on you.

Are you ready for what life has for you? Are you ready to unlock the power of the UCC and walk the path that the Universe has mapped out for your life? Stop being afraid of the possibilities of what you can do. Embrace the lessons that're crucial to the fulfillment of your destiny. The more you learn, the more you'll be prepared for what life has for you. You won't ever find your true self until you get to a place where you're unhappy with the life you've chosen. Just like you've chose an unsatisfactory life, you can also choose a gratifying life for yourself.

If you desire something that awakens your consciousness, you must look within. No one can provide something for you that's not already inside of you. And no one can take away anything that comes from within. Joy, peace, happiness, abundance, and prosperity all come from within. Your purpose will only present itself when you're ready to embrace it with mind,

body, and soul. If you want to unlock the power within, you must first develop every part of your being. Then, your infinite potential will be accessible and you'll have the confidence to achieve your desires.