

15 Seconds Spiritual Training Course – Summary

1. **Love yourself deeply**, so that you may love others fully. God cannot flow through a state of hate. “*I do not know how, where, when or why, but I love myself dearly; therefore, I can love others fully.*” To review this, go to **Module 27** on Love.
2. **Forgive yourself**, so that others may forgive you and so that you can then **forgive others** - for God cannot flow through a state of “*unforgiveness*”. “*I do not know how, where, when or why, but I forgive myself fully; therefore, I can forgive others (for my sake not theirs) and I am enjoying each moment of my life.*” To review this, go to **Module 43** on Forgiveness.

Albert Einstein “*Our separation of each other is an optical illusion of consciousness.*”

3. **The word Karma means “Action” or “Deed”**; therefore, whilst you are waiting for things to manifest in your life, be a person of positive action. Ask yourself if all your actions are kind and selfless – for this will ensure that you are a conduit of God’s grace, synchronistic events and miracles. Ask yourself each day, “*How much am I striving today*”. To review this, go to **Modules 10 to 13** on Karma.
4. **Cultivate stillness** - grow the space between your thoughts. Do this with meditation and mindfulness practices whereby you become the observer of your own life. Meditation cultivates in you a state of awareness to such a point that you notice when you have negative thoughts and may then implement the affirmations as a positive intervention. Stillness allows us the space to have “*knowings*” rise within us. Learning to become still, teaches us how to become *present*. The present moment is the place where we feel at peace. When we worry or focus too much on the past, we become *depressed*. When we worry or focus too much about our future, we become *anxious*. To review this, go to **Module 3** about Anahata and **Modules 50 to 56** on Meditation. Also, use the Daily Spiritual Diary, which is available to access for free at: www.anahatakarma.com/resources.html And the *15 x Meditation Tracks*, which are available to purchase in MP3 format for the discounted price of just \$1 to all owners of this course book (Retail for \$47) - at www.anahatakarma.com/store.html (use the DISCOUNT CODE “**MP3**”)
5. **Prayer** – First, say your prayer for yourself and/or others, then consider the following:
 - A. This activates unseen forces in the universe to conspire on your behalf to bring about that which you deeply desire. Needs are enacted swiftly by God. Wants can take much longer.
 - B. Our expectations about the outcome of a prayer can be both a blessing and a barrier. For instance, expectation with deep *attachment* to a specific outcome, often causes what we want to become even more distant – I know this seems unfair... So, with this knowledge in mind, we still have an expectation of an outcome; however, we then attach an attitude of “*I don’t mind what happens*”, which then disengages our attachment and allow the grace of God to take over. It’s not that we ‘*don’t mind what happens*’, of course we do; rather it is a form of surrender - to have faith without specific conditions, for grace only flows through the ‘*unconditional*’.
 - C. When you inevitably have negative thoughts or pessimistic thoughts regarding the potential outcome of your prayer, acknowledge them, for they may never stop appearing - When you have a negative or fearful emotion, it is very strong and it does two things:
 1. Creates a new synapse pathway in the brain - in a sense programming you to that way of thinking. (*Continually feeling fearful about something for instance*).
 2. Imprints itself in the Universe to ‘*attract*’ exactly that emotion and attached thought (*Attracting exactly what you fear for instance*).
 - D. So, in the knowledge that strong emotions shift the Universe, be aware enough to notice internal negativity or fear, and to STOP and focus on purposely feeling joy in your heart centre for 15-seconds until you feel a shift within - at the same time repeat **I do not know how, where, when or why, but God is taking care of my prayer!** It is the strength of your emotion that ‘*imprints*’ your prayer. When you use joy to imprint, you are shifting both the

physiological brain and the Universe in a manner whereby it will bring you into a synchronistic flow. This is the place where prayers are answered and miracles occur as a regular and normal part of your life.

To review this, go to **Module 41** on Prayer.

6. **Appreciation** - *Do I remain in a gracious state even when negative things happen in my life?* The more that you learn to have gratitude for all things, the more that you align with God's power to bring you anything that you want (*the more times you say thank you, the more things come your way to be thankful for*). Although we may potentially attract anything, it is important when considering our needs and wants, to focus on the greater good in a selfless manner, for this assists the flow of grace. Nonetheless, intention is just the foundation, for if you don't think it is possible, it never will be. The onus remains on you to both be true in your intentions and to have the faith to believe in the unseen until your faith rewards you with miracles. Then, use these miracles as reminders to keep striving through any mundane period until the next miracle occurs. It is also pertinent to remember that when we try to force things in our own power we are limited, as opposed to surrendering and allowing God to take care of it. To review this, go to **Module 22** on Appreciation and the Power of Praise.

Albert Einstein *"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."*

7. **Be a person of truth.** Tell the truth regardless of your fear-based thoughts regarding the outcome. Truth protects us, but only when we let go of the belief that it does otherwise. A person's word is their bond. Do not repeat gossip about others unless you factually know it to be true and are prepared to talk with the person concerned about it. To review this, go to **Module 4** on Truth vs. Lies.
8. **Do not steal** or take anything without asking. Grace struggles to flow through a thief.
9. **Have a creative outlet.** For our spirit to purge all the stuff that we collect along the way, it is vital to have a creative outlet, such as painting, drawing, dance, writing, singing, gardening, designing etc.
10. **Be aware of your inner dialogue,** for your thoughts are the key to changing your life in 15-seconds. To review this, go to **Modules 6 to 8** on Affirmations. Whenever you catch yourself living from a place of fear where you doubt the flow of life or you think or feel anything less than average; then shift your inner emotions to joyous emotions and repeat the following for 15-seconds:

I do not know how, where, when or why, but God blesses all in my life to work together for my positive prosperity and my highest good.

If you are doing all of the above, really, fully, and life is still not flowing, then this tells me that you have a curse placed on you and your family lineage. Curses are placed on us by God or at times by Satan. Curses are a result of our actions or the actions of our parents, grandparents and even at times further back up the lineage. When the source of curses is worked out and they are removed with Biblical procedure, then sickness often lifts, destruction disappears and life begins to flow as God intended for us. Contact me directly for a session to discuss this process.

Has this course touched you deeply?

For those of you who want to go further, I am available for personal one-on-one sessions over Video Skype, Apple FaceTime, WhatsApp and in person in my Healing Room here in Australia.

To make a booking, please go to:

www.anahatakarma.com/bookings.html

For international clients, my website is set up to convert your time zone and make the booking process seamless.