

# Consciously Evolving

*a path of connection*

*By Alizah Josette*

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*Dedicated with love and gratitude...*  
*to all saints, sages and rishis for inspiring millions of spiritual journeys.*  
*to my super-conscious gurus for inspiring my spiritual journey.*  
*to my guide on Earth, Fred, for the greatest blessing of sharing this life together.*

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## Forward.

I invented the Spherehead pillow to help people who suffer from neck and shoulder pain find relief and a good night's sleep. There is another purpose as well, to help beginning meditators find a grounding pose I refer to as a lying down lotus posture. I believe the position of our body influences our energy and meditation.

Countless individuals have shared their spiritual journeys with the same desire, to help humanity consciously evolve. Although each path is personal, many discover the same truths. Realizing a purpose to spread the truths discovered along one's journey with the intention of expanding consciousness is one of the truths.

The following practices were super-consciously provided to me. I attempt to share them in the same manner. The practices build upon each other. Practice two may not be accomplished until practice one has been realized.

I am only wise enough to recognize I am ignorant. This book is a step on my long journey ahead. I offer these practices to you with humility and compassion.

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## Introduction.

What is meditation? I believe it is when our soul, ego and body are aligned. This communion may be experienced while moving and while in stillness. Meditations evolve over time, this is my current approach...

I sit, I get comfortable. I move my body to relax. As I inhale, I imagine my energy flowing from my gut, up my spine, through my head, and straight into the sky.

As I exhale, I imagine the breath follows the energy back into my body through my third eye, out through the base of my spine, into the Earth.

I imagine the energy coming up from the Earth, into my body, up my spine, out through the crown of my head, and into the heavens. Then looping back into my body through my third eye, down my spine, and into the Earth.

I imagine my energy as the infinity symbol between the sky above and the Earth below, with the center crossing at my core.

Once I have established the visualization of this loop, I may with breath and intention ...

- Focus on a deceased person while imagining my energy expanding outwards to connect with super-consciousness on an astral plane.
- Focus on a living person while imagining my energy connecting with theirs to strengthen consciousness on the physical plane.
- Focus on a question until it is intuitively known and silence my consciousness to let my super-conscious answer by thought.

Similar to many, I was inspired to write a book to help people expand and strengthen their consciousness. Every path is constantly evolving, and no path is unique. All paths require determination, dedication and discipline

over time. I humbly share these practices with the intention to help people connect or provide some concepts to contemplate.

My definition of terms I may use throughout the book:

Ego.

I imagine the ego located in the heart. It is our lived experience and exposure during this life. It is our primary inner dialog and personality.

Soul.

I imagine the soul located in the core. It is our gut and intuition; our freewill, purpose, and karma. It is our connection to super-consciousness.

Consciousness.

I imagine conscious energy as a force of nature accessed by intent. An ego expresses intent through consciousness because it is connected to the physical plane. A soul expresses intent through super-consciousness because it is connected to an astral plane.

Third Eye.

Approximately the point between the eyebrows and considered a doorway to spirituality. The practices begin with opening the third eye.

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### Practice One.

Opening the Third Eye and Feeling Energy in the Body.

I find it is wise to connect with the ego before connecting with the soul. Meditating in a grounding position is helpful.

Lie down on your back wherever you are comfortable.

Try to keep your spine straight, your tailbone tucked, and your chin titled at a slight downward angle.

Using a Spherehead pillow, an alternate pillow or a towel, may assist you in this position supporting your head and neck. It is important to be comfortable and to keep your shoulders relaxed.

Cross your legs, and place your hands on your stomach, or by your sides with palms facing upwards.

#### Meditation:

While in the above posture, close your eyes. Concentrate on your third eye, the point between your eyebrows. Focus your mind here.

Imagine a bright light in the distance, heading toward your third eye. This light may be solid, or may consist of countless bright particles.

As you see this light coming toward you, it appears to have no end. A constant stream of light enters you through the point between your brows.

The light does not stop. Your third eye does not see out, but instead receives the light, receives the energy into your body.

As the light enters through your third eye, it travels down your spine, and flows through your limbs.

You feel the light flowing down your arms, exiting through your hands. Visualize the light flowing down your legs, exiting through your feet.

Imagine a constant stream of light entering through your third eye... traveling down your spine... into your body... and exiting through your hands and through your feet.

The light fills your body with a constant stream of energy.

#### Waking Life:

Inner dialogs often lead to self-realizations. Whenever you are able, start a conversation in your mind. Choose to speak to a person who will ask questions, dive deeper, push you to answer them. This person may be yourself.

The conversation may start from a simple thought. Follow the train of thought until you reach an “Aha” moment.

Ponder this insight.

Perhaps you repeat the conversation for clarity and accuracy.

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### Practice Two.

#### Third Eye and Feeling Energy Outside the Body.

Our practices focus on connection. Connecting with the super-consciousness in us and in the world around us.

Repeat the meditation in practice one. The same grounding position of your body, the same visualization. Then continue...

#### Meditation:

Visualize the bright light of energy entering through your third eye, the point between your brows... and flowing down your spine, into your body... through your arms and down your legs... exiting from your hands and from your feet. Focus on the feeling of this energy flowing through you.

Image the light traveling through your body, and feel the energy as it leaves your hands and feet.

Begin to visualize this light as wider than your body. As the energy travels down your arms, the light extends past your skin. As the light travels down each of your limbs, it encompasses them.

The light flowing through you is not limited to the space of your body. The light surrounds you.

See this bright light entering your third eye, and encircling you as it travels through you. Feel the energy as it flows down your spine, extending past your back.

The light is not contained within your body. It flows through you and through the air around you.



Image yourself inside the light, the energy being greater than your body.

Waking Life:

During the course of your daily life, imagine your aura. Feel the energy within your body extending past your body, by an inch or two. Imagine this space, an inch or two past your skin, is your energy.

Mentally project and focus your mind on this space.

You are more than your body. You exist in the energy surrounding you.

Remind yourself of this and feel this energy surrounding you as often as you are able.

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### Personal Section One.

As I write this booklet, I am attempting to evolve my inner voice and neuropathways. My thoughts often revert backwards, particularly when I am communicating with other people. I am practicing maintaining a new ego by remaining consciously active with a new inner voice and radiating a lower frequency.

For my first exercise maintaining this new mindset, I wrote the following. (I use some of the language in the introduction.)

*I sit, I get comfortable. I move my body to relax. As I inhale, I imagine my energy flowing from my gut, up my spine, through my head, and straight into the sky. As I exhale, I imagine the breath follows the energy back into my body through my third eye, out through the base of my spine.*

*The exhale fills my body with energy. I listen to the sounds of my surroundings as floating on waves toward me. I hear nothing but the sounds of these waves. I need to remember to inhale.*

*Today, I am not meditating. Today, I am practicing a new chapter. I have stopped pondering why. Regardless, I am ready to move on. Learning how to exist takes practice. I try and remain present, hearing a new inner voice.*

*I feel the energy flowing through and out my body. I am who I am. I am me. I practice staying consciously grounded.*

*I recognize my qualities. I want to be authentic.*

*I momentarily reengage my former ego. I begin again.*

*I am letting the soul control the mind over the ego.*

*I need to practice maintaining while interacting with others.*

*I am kind, I am indifferent, I am genuine.*

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### Practice Three.

#### Sound Waves and Connection.

OM, OH, AH, EH may be universal sound waves surrounding and connecting us all.

Sound helps us expand our energy, and may influence our brainwaves and our heart's magnetic field.

Repeat the meditations in practices one and two, the same grounding pose and visualization. Then continue with the following...

#### Mediation:

With your eyes closed, focus on your third eye. Recognize the light coming toward you and into your body. Feel the energy throughout your body. Visualize the light traveling through you, and surrounding you.

The light enters you, and surrounds you. Feel the energy in you, and around you.

Listen to your surroundings. Imagine all sounds as floating on air, like ripples in water.

Sounds travel through the air. The ripples flow toward you.

You are surrounded by light, flowing through you and around you. All sounds you hear are floating on waves, flowing toward you.

The waves flow through you.

Sounds are only waves, flowing toward you and through you.

\*NOTE\* If you hear ringing or static, try to listen beyond it. It may help to mentally increase or decrease the octave.

Waking Life:

During the course of your daily life, listen to the sounds around you. Hear the wind, the birds. Listening to the beauty of nature is consciously tuning in. Find moments of blissful connection with the sounds you hear.

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#### Practice Four.

Breathing and the Mind.

Breath connects the ego and soul through the mind. To control the mind, focus the mind on an intention.

Sit down wherever you are comfortable. Cross your legs or be flatfooted if you are in a chair. Place your hands in your lap, or on your thighs, or on the top of your knees. Find a comfortable sitting position allowing you to keep your spine straight, tailbone and chin tucked.

You may proceed with the former lying down posture, but consider sitting up if you are able and when you are ready.

Meditation:

Close your eyes and focus on your third eye. See the light coming toward you, entering your third eye, and traveling down your spine. When you inhale, the light loops at the base of your spine, and travels up your spine, exiting through the crown of your head into the sky.

When you exhale, say out loud OM (or a sound that resonates with you) and imagine the light making a loop above you and entering your body through your third eye, traveling with your breath down through your body.

On your inhale, the light loops at the base of your spine. Picture it traveling up your spine and through the crown of your head.

On your exhale, you vocalize OM as the light loops above and enters through your third eye, down your spine.

With every inhale, image the light traveling up your body, and out through the top of your head. With every exhale visualize the light looping around toward you, entering your third eye, and down your spine.

Say OM with every exhale, until it is only a thought. Every exhale, you automatically hear yourself saying OM. It is a fresh memory. You mentally hear yourself saying OM while you exhale.

Your inner voice grows further away with every exhale. The OM becomes fainter, until it is only a known. Based on your memory, you intuitively know with every exhale, there is an OM. This becomes given knowledge and is innately understood.

Waking Life:

Contemplate the beauty of being a human.

When adverse feelings arise, connect with another human. Do an act of kindness for someone or have a conversation with someone when you feel any negative emotion.

When struggles arise, remember it is not the end of your story. It is a chapter in your life, and an opportunity to evolve.

## Personal Section Two.

I sit in front of a mirror and look at myself. I see a puffy face, tired eyes, and thinning hair. I relax and stretch my body. When I feel a sore muscle, I imagine energy flowing inside of me and rushing to that spot to heal the ache. My body relaxes into the stretch.

I begin to silence my ego from my mind, and to connect with the conscious energy of my soul. My consciousness expands as my aura.

I look at myself and see my cheeks appear a little gaunt and my under-eye bags less noticeable. I see a kind face and genuine eyes.

My appearance had not changed in front of the mirror, it was my mind not remembering and comparing to what I had looked like in the past. I was able to see myself.

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## Practice Five.

Connecting with Super-Consciousness.

Consciousness connects through intention and communicates by thought.

Sit comfortably with your spine straight. Stretch and relax your body. Spend some time inside your body, from your head to your toes.

Meditation:

Focus your mind on your third eye and imagine the flowing light energy pattern from previous practices.

On your exhale, say the name of a deceased loved one and think of them, imagine a picture of them.

On your inhale, say their name in your heart and in your mind as you imagine the light of energy shooting out the crown of your head and into the sky.

Visualize the pattern of light entering through your third eye... down your spine... looping around the base of your spine... moving up through your body... exiting through the crown of your head... looping back around... and entering through your third eye. Maintain this visualization until their name is known on your exhale.

As you inhale, imagine the light from the crown of your head stretching outwards, expanding. The light stays on its path in and out of your body, while it expands outwards into the sky. Focus on them, feel your love.

Be open to responses.

Waking Life:

Focus on your core as often as you are able, during relaxation and adverse emotions.

Keep your mind on your core, and your core on your mind.

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### Personal Section Three.

I chose to focus on my great-grandma, Minnie, in practice five. While practicing this exercise, I heard birds chirping. It was a late December evening in Rhode Island and it had been some time since I had heard birds.

It was beautiful, I stayed in this state for a while listening to the birds sing. They sounded so close and so clear. It was nighttime in the winter; yet I felt the warmth, and saw the brightness, and heard the sounds of daytime in the summer.

Eventually, I made a conscious decision to let the chirping float away. I heard the chirping drift away becoming softer until it was almost gone. I briefly

drew the sound waves back toward me to confirm the connection with my great-grandmother was still with me. I then ended the meditation.

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### Practice Six.

#### Sound Waves and Energy.

A soul may be described as particles of conscious matter interacting with the vibrational frequencies of sound waves.

Some believe solfeggio frequencies may be healing to the soul.

It is helpful to tune in to all sounds, including produced sound waves. This practice focuses on connecting your energy to slow frequencies of chosen sound waves.

You will need to find sounds that resonate with you. Some suggestions are new-age music, classical music, chimes, gongs, chanting. The goal is to find sounds with a vibration that appeals to your soul, causing you to feel lighter and calmer with a slower heartrate. (If certain recommendations may be helpful, Touching Silk by Frank Steiner, Jr. and Koyasan by Deuter.)

For this exercise, find your meditative pose. Sit up if you are able. Relax your body. Massage your temples, your scalp, and the back of your neck. Rotate your shoulders. Stretch your arms by imagining a light of energy shooting through you, down your shoulder and arm, exiting through your fingertips. Let the energy guide the stretch.

Lean forward and stretch your back, expand your ribcage, intuitively move your body. Find where it is sore and stretch while breathing deep, keeping your heartrate slow, and imagining a light of energy flowing through and out of you.

Rub your feet and stretch your legs.

Begin to play your preferred sounds. Return to your meditation pose.

Meditation:

Imagine the loop of energy as in previous practices.

Focus your mind on receiving the light through your third eye. Notice the light, its colors and patterns.

On your inhale, the energy flowing up through you extends past your skin by an inch or two. The light from within traveling along its continuous loop, radiates out of your body and becomes your aura.

On your exhale, feel the energy flowing down through your body as you imagine the continuous loop of light. Notice how the energy feels in and around you.

Listen to the music. Imagine the sound waves. Feel the vibration of the sound waves in your aura. Let the sound waves flow through you and the energy surrounding you.

Your energy, the light of your aura, moves with the sound waves as they flow through you. Notice how it feels.

Waking Life:

Dance, sing, appreciate music. Feel the music in your body and soul.

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### Practice Seven.

Strengthening Energy with Sound Waves.

Energy must be controlled to heal. Energy may be controlled by the mind through the body.

This practice focuses on centralizing your energy where you are able to feel its weight, such as in your hands, feet, or core.



Play music that elevates your energy. Imagine your aura interacting with the sound waves.

Sit facing the sound equipment or lie down close by.

Relax your body.

Meditation:

Imagine your energy as a ball of light in your core, shooting up your spine on your inhale along its familiar loop pattern. The light of energy enters through your third eye with your exhale. Feel your breath and energy flowing down your spine extending outward through your body.

Energy flows up your body with your inhale. As the light loops above, notice what you see coming toward you entering your third eye. Feel the energy flowing with your breath down through your body as you exhale.

Focus on your palms or another part of your body. Feel the vibration of the music in this part of your body. Imagine the light of energy inside of you glowing brightly from this body part. Feel the weight and the strength of the energy in this spot.

Waking Life:

Extend your energy with music and the sounds of nature.

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#### Personal Section Four.

I experienced an accomplishment. My inner voice briefly changed.

I have been practicing consciously existing in my energy, which extends beyond my body.

I withdraw my energy around others and while tending to responsibilities. When my energy is withdrawn, I am fully present in my heart

consciousness. My lived experience inside of my body tends to control my mind.

I have been attempting to evolve my consciousness by connecting with super-consciousness when able throughout my day. This has become a part of my subconscious and has made an impact on my waking thoughts.

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### Practice Eight.

#### Healing Your Energy.

A soul may be described as conscious energy intentionally interacting with alternate frequencies which produce certain colors.

Some believe green is a color of healing.

This practice will focus on healing yourself.

Play your preferred music and relax into your meditative pose near the sound. Stretch your body, feel where it is sore and imagine a light of energy coming through that spot as you massage the area.

Resume your mediation position.

Meditation:

Imagine a golden-white ball of light spinning in your core. On your inhale, the light travels up your spine and into the heavens. On your exhale, the white light enters your third eye and travels down your spine along with your breath, filling your body.

On your inhale, as the white light travels up your spine, imagine the light extending outward as well, encompassing your body. You have an aura of white light.

On your exhale, as the white light travels down your body, imagine the light glowing strongly from your palms or your preferred body part in practice seven. Feel the weight of the energy in this spot of your body.

Feel the vibration of the music in your palms or alternate body part. Imagine the light radiating from this part of your body is green.

Focus on this spot of your body.

Imagine the green light stemming from this body part melds with the energy of your aura. The white light of your aura becomes green. You are surrounded and inside a green orb of light, interacting with the sound waves of your music.

Imagine the light as it exits your crown turning from white to green. A strong green light enters your third eye.

The green light radiates from your palms or alternate body part, joins with your aura and encompasses you. Green light flows through you on its continuous loop.

Waking Life:

Respect yourself; you are important. Trust yourself; you are capable. Acknowledge your worth.

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### Practice Nine.

Healing the Energy of Others.

Once you have completed practice eight and learned to heal your energy, you may desire to try and help heal others.

If there is someone you want to help, they should meditate near you within eyesight.

Prepare for your meditation by playing music, stretching, and becoming comfortable in your meditative pose.

#### Meditation:

On your inhale, visualize the green light of energy stemming from your core on its familiar loop pattern. On your exhale, feel the musical vibrations in your palms or preferred body part.

Focus on this part of your body. Visualize the green light glowing outward from this body part, interacting with the sound waves.

The light from your palms or other area joins with the green light flowing from inside you, along its familiar loop pattern.

Imagine the white light of your participant's aura. Visualize a white light energy pattern flowing out from the crown of their head and inwards through their third eye.

You are surrounded by green light, flowing from your palms or other area, and from the crown of your head on its familiar loop pattern. Your participant is surrounded inside an orb of white light, and white light flows from the crown of their head along its familiar loop pattern.

Feel the weight of the energy in your palms or alternate part, feel the vibration of the sound waves in this spot. Visualize the green energy exuding from this part of you and colliding with the white light of your participant's aura. Your participant's aura becomes green. The white light extending from the crown of their head becomes green. A green light now enters their third eye.

Imagine the green light extending from your palms or alternate part, connecting with your participant's green aura, while green light flows through them along its familiar loop pattern.

#### Waking Life:

I define a corrupt person as someone whose mind is under complete control of their ego, and their soul is suppressed. Corrupt people corrupt others, and they may be dangerous and unavoidable on the physical plane.

If you have had a relationship with a corrupt person, forgiveness may be obtained by focusing inwardly.

Steps to Forgiveness of a Corrupt Person:

- Find Compassion. All life experiences suffering. Think of a corrupt person who has caused you harm in a relationship, and consider their struggles and hardships. Contemplate their lack of love for themselves and others, their lack of peace and gratitude.
- Find Connection. Remember positive moments shared together. Remove all negative thoughts associated with these pleasant memories. Focus on only the laughter you shared, the help given, times of sincerity. When you think of this corrupt person, remember these moments of connection on a continuous mental loop.
- Find Forgiveness. By having compassion for a corrupt person, recognizing their pain and lack of fulfillment, and reminding yourself of affable moments you shared together, you may find forgiveness for yourself. You may understand why and accept how you tolerated their corruption.

We are typically upset with ourselves for allowing the influence of a corrupt person in our lives. To forgive ourselves, it helps to understand why we allowed it.

Forgive yourself for past connections with corrupt people, and protect yourself from future connections with corrupt people.

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Practice Ten.

Connection to Earth.

While alive on Earth, our souls may evolve and consciously gain wisdom.

Intentionally expanding your consciousness outside of your body to connect with super-consciousness is helpful. It is helpful to consciously connect to Earth as well, this life is important.

Take your meditative posture. Feel the energy flowing through your body. Stretch and massage your body. When you relax your head, neck, and shoulders, imagine the energy traveling down your arms and exiting through your fingertips. When you move your back and legs, imagine the energy exiting through your toes.

Retake your meditation pose.

Meditation:

Imagine a ball of light in your core, growing brighter and larger until it bursts up your spine and out through the crown of your head into the sky above, leaving a streak of light particles along its path. The ball of light connects with a star above, and bounces back toward Earth.

Imagine the ball of light coming toward you, entering through your third eye, and down your spine, plunging into the ground below. The ball of light travels down into the Earth, toward the center. As it connects with Earth's center, the ball of light rebounds back upward, leaving a bright loop of light behind.

The ball of light enters through the base of your spine and continues its journey... out through your crown, pulled by a star... collides with the star and is rerouted downward, in through your third eye... continuing down your spine and into the Earth, rocketing toward the center.

Imagine this continuous path of light particles as the infinity symbol, and the point of crossing aligning with your core.

Waking Life:

Massage your feet or the body part that grounds you to Earth. Release the pain where sore.

Massage your temples and scalp. Feel your neck, and relax your shoulders. Care for your body.

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### Practice Eleven.

Connection to the Soul.

Ramana Maharshi asked the question, “Who Am I?”

Think of yourself as more than this body, more than this lifecycle. Who are you?

The final practice focuses on connecting your intention to your breath, allowing your consciousness and your super-consciousness to connect through thought.

Find your meditation pose. No music is used for this exercise.

Rotate your head, move your shoulders around. Massage sore muscles. Stretch your arms and your hands. Lean forward and stretch your back. Reach for your toes. Twist side to side. Plant your heels on the ground and stretch your calves and feet. Rub your feet and massage where tender.

Resume your meditation posture.

Meditation:

Imagine the infinity symbol of energy flowing with your breath throughout your body. The crossing point of the infinity loop is your core. Visualize your energy light pattern, and engage your core.

Ask yourself verbally “Who Am I?” until it becomes a known. Silence all other thoughts. Your only thought is the question, “Who Am I?”

Focus on your core and ask yourself internally, who am I? The question follows the breath in from your third eye, down to your core.

Visualize your light of energy along its infinity loop. Feel the question follow the energy from your brain, down your spine, into your core. Focus on the question until it is a known, until there is no need to ask the question because you intuitively already know the question. The question is understood and no longer needs to be thought.

Stay in the silence. Be open to responses.

Waking Life:

What are the lessons you need to learn in this lifetime?

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#### Personal Section Five.

A couple of my experiences with practice eleven...

I thought, "What do I need to know?"

I received in response the thought, "You are not perfect."

I had been a perfectionist. I had been hard on myself to be perfect, and hard on myself when I made a mistake.

After this meditation, I felt lighter. I let the perfectionist standard go. I accepted I am not perfect.

I thought, "How am I doing?"

I assumed the response would be, "Great!"

Instead, the thought I received was a scolding and a forewarning, "You have lost your humility!"

I began promoting Spherehead after the market launch, and my ego's control of my mind had increased.



After this meditation, I recognized I had lost my humility. But my ego maintained control of my mind. I then experienced a profound lesson in humility shortly thereafter.

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### Contemplations on the Big Questions.

*What is God?* I theorize the following (subject to expansion):

There are forces of nature our five senses cannot detect. I believe conscious energy is one of them (some may refer to conscious energy as intelligent energy or super-consciousness).

Perhaps such force of energy (because it is conscious some may refer to it as a life force) caused the Big Bang by intention? This energy may travel through vibrations.

The conscious energy may have intended the Big Bang to expand its energy. This energy would then exist throughout space similar to other forces of nature, it is merely unseen.

I wonder if there is a detectable vibration during the moment of conception and, if so, could it be replicated as a sound when trying to create life?

*What is the purpose of life?* I theorize the following (subject to expansion):

Conscious energy may be a force of nature throughout the universe and a part of living beings. All living creatures would then be connected by this energy.

I believe the purpose of life is to elevate the energy of living beings. Perhaps we may have the greatest impact by expanding the consciousness of living beings on Earth to connect with the super-consciousness of the universe.

That was my intention for writing this book.

Thank you for considering these practices.