



Staying
Warmhearted
in a
Coldhearted
World

Mount Hoverla, Ukraine

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Introduction

The forces at work in humanity are in complete conflict and we are in an extreme time of polarities and dualities. Love versus hate, truth versus lies, selflessness versus narcissism, generosity versus greed, and purity versus corruption.

In order to live unharmed by this 'hive mind' that has developed, changing our way of living is urgent. Yet, as important as it is, is as difficult as it is, and will continue to be so. Therefore, we must prepare ourselves how to protect our hearts from external coldness and madness.

Though we cannot control many of the disturbing elements of our time, we can use these challenges as a way to catapult us to a new profound awareness. The more we empower our own virtue and confidence, and follow our own disciplines, we can and will transcend the negative, whirling energies that surround us.

Choice, not chance determines the outcome of our everyday life. Each and every moment can become a possibility for a new way of thinking and being. Our heart is our most important organ, for, without it, we cannot survive. Therefore, it is of the utmost importance that we cherish it, by protecting and safeguarding it. Victory can only be obtained through better implementation.

This is not about a rebellion or revolution; it is about a transformation and reformation of our individual and personal lives. A revolution is when we aggressively go out to create change. A reformation is when we quietly, but assuredly spend our time and energy to be the best we can be. And we do this, not only for ourselves, but to be a strong energetic force field for the world. Through our personal development, we gently affect the evolution of the whole planet.

Exercise 1

Contemplation

Success is assured to us if we develop a resolute determination to rise above and beyond the lower human elements. If we are to get a glimpse of a better existence and future, not only must we seek the truth; but in seeking the truth, we BECOME the truth.

The following eight suggestions can and will help considerably. Mark the ones that you have the biggest problem with and make a plan to transmute it.

1. Do you contemplate the rhythm of the times, looking beyond your personal life and what do you see that feels uncomfortable for you and why? If not, how will you do better with this?

2. When speaking to others, do you contemplate and weigh their reactions and actions? If not, how will you do better with this?

3. Do you contemplate how and where you will spend your money responsibly? If not, how will you do better with this?

4. Do you contemplate and study your inadequacies? If so, how? If not, how will you do better with this?

5. Do you contemplate the right timing of things – not pushing the river, yet not building a dam? If not, how will you do better with this?

6. Do you contemplate passing fancies and keep to the utmost priorities? If not, how will you do better with this?

7. Do you contemplate discordant elements, as soon as they appear in order to protect yourself? If not, how will you do better with this?

8. Do you contemplate your principles and make certain they are never bargained for? If not, how will you do better with this?

Exercise 2

Know Not

Carefully evaluate and work to eliminate all the things that affect your life negatively. This transition is not a luxury; it is a necessity in order to deal with the madness of the critical mass.

The following eight “know nots” can and will help considerably. Mark the ones that you have the biggest problem with and make a plan to reform them.

1. Know not to fall prey to the wolverines of the world, as it can create a loss of your soul and your destiny. If difficult for you, how will you do better with this?

2. Know not to be impatient, as it can ultimately create delays in your success. If difficult for you, how will you do better with this?

3. Know not to disperse your energy inappropriately, as it can create chaos in your life. If difficult for you, how will you do better with this?

4. Know not to take your eye off the ball, as it can create a mass of confusion, leading to mistakes. If difficult for you, how will you do better with this?

5. Know not to get attached, as it can create heartbreak and despair. If difficult for you, how will you do better with this?

6. Know not to believe lies or tell lies, as it can create a darkened outcome. If difficult for you, how will you do better with this?

7. Know not to follow people with selfish motivation, as it can create more injustice. If difficult for you, how will you do better with this?

8. Know not to listen to fake news, as it can create a fakeness in yourself. If difficult for you, how will you do better with this?

Exercise 3

Being and Seeing

When we are determined not to be a part of the critical mass, we keep ourselves clean and far removed from the deception, illusion, toxicity, and danger that is seeded and **blindly** accepted. In doing so, we change our vibration and frequency to a higher platform of being.

The following 16 suggestions can and will help considerably. Mark the ones that mean the most to you and why.

1. BEING aware of events surrounding you, and in the world. If not, how will you do better with this?

2. BEING involved with higher-minded people. If not, how will you do better with this?

3. BEING generous to those less fortunate. If not, how will you do better with this?

4. BEING honest about your feeling of hopelessness, as a way to find hope. If not, how will you do better with this?

5. BEING grateful for what you have, even if it is that you are alive. If not, how will you do better with this?

6. BEING truthful about your feelings, don't discount, don't dramatize. If not, how will you do better with this?

7. BEING strong in the belief that mistakes are opportunities for growth. If not, how will you do better with this?

8. BEING sincere about feeling defeated, as a way to source victory. If not, how will you do better with this?

9. BEING conscious of what could be dangerous and avoiding it. If not, how will you do better with this?

10. BEING willing to learn and inquire. If not, how will you do better with this?

11. BEING persevering, never giving up on your goals. If not, how will you do better with this?

12. BEING creative in finding solutions when challenges arise. If not, how will you do better with this?

13. BEING loyal to all that is good and meaningful. If not, how will you do better with this?

14. BEING the leader of your own life. If not, how will you do better with this?

15. BEING discerning and not having **blind** faith, in people or otherwise. If not, how will you do better with this?

16. BEING open to **seeing** beyond the limitations of this reality. If not, how will you do better with this?

Exercise 4

Intentions

We all have the power to create a new universe for ourselves. Through the smallest of acts come the greatest of deeds. Though it seems like our power for change has been silenced, in truth, the light of our goodness can never be darkened. Everything is about intention. If we are intent on good things happening, they will indeed be thrust into existence, at the right timing.

We all have an *overself*. Our *overself* is the part of our being that is connected to our enlightenment, our empowerment, and our divinity. Through our *overself*, we are more equipped to remove ourselves from the lower fields of energy and we acquire a higher sense of good and valuable intentions. Through our worthy intentions, we get recharged and regenerated, thereby becoming a force to be reckoned with.

The following ten questions can and will help considerably to connect you to your *overself*.

1. Do you work on quieting your self-will and arrogance? If not, why? And how can you work on this?

2. Do you work on squashing your ego? If not, why? And how can you work on this?

3. Do you work on developing your faith and higher beliefs? If not, why? And how can you work on this?

4. Do you work on developing your spirituality and higher wisdom? If not, why? And how can you work on this?

5. Do you spend enough time with the people you love and/or love you? If not, why? And how can you work on this?

6. Do you feel comfortable to be authentic and speak your truth? If not, why? And how can you work on this?

7. Do you work on expanding your emotional intelligence and mindfulness? If not, why? And how can you work on this?

8. Do you take the time to be of service to those less fortunate? If not, why? And how can you work on this?

9. Do you have hope for a better future, not only for yourself but for the world? If not, why? And how can you work on this?

10. Do you take the time and effort to be good to yourself? If not, why? And how can you work on this?

Exercise 5

Self-Programming

Emotions are an inside job, not an external one. Warm-heartedness comes not from the absence of challenges or problems but from the ability to deal with them constructively and openly.

Warm-heartedness comes from all our positive thoughts and emotions. When we go into scarcity, hopelessness, guilt, shame, and otherwise, they just become stumbling blocks to our happiness and health. We need to retrain ourselves in how to catch negative, darkened feelings and thought forms and devote ourselves to transmuting them immediately.

Here is a list of some negative emotions that can come up daily and the opposite positive emotions that can inspire and excite us. Mark the ones that are the most difficult for you and why. Then make a plan to transform them. Also make a plan for how to incorporate the positive emotions into your daily life more often, so as to change any challenging patterns that may be standing in your way.

Anxious to **Serene**
Argumentative to **Harmonious**
Arrogant to **Humble**
Asleep to **Awakened**
Confused to **Certain**
Deceptive to **Straightforward**
Defeated to **Victorious**
Fearful to **Courageous**
Hateful to **Loving**
Imprisoned to **Free**
Limited to **Limitless**
Lethargic to **Enthusiastic**
Manipulative to **Pure**
Nervous to **Calm**
Pessimistic to **Optimistic**
Resentful to **Forgiving**
Selfish to **Giving**
Stuck to **Bold**
Sadness to **Joy**
Uncommitted to **Loyal**

Which negative emotions are the most difficult for you and why? What is your plan of action to transform them?

Make a plan how to incorporate the positive emotions into your daily life more often.

Exercise 6

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?
