

# Being You!

A think about it booklet from

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## Introduction

*This document is, perforce, somewhat abrupt: You see, the real secret to becoming who you want to be is not to set out upon a journey in search of something new to learn, not to seek a new device to enhance your power, not to study ancient wisdoms - no, it's none of these.*

*The real secret is to get rid of that which has been preventing you doing what you really want to do and being who you really want to be.*

*You already know what you want (even if many disappointments have lead you to bury it in the dim recesses of your mind) - it's not something you need to find or learn.*

*All you need to do is to get rid of everything which has been preventing you doing it. You will find that you then just do it - automatically!*

*Karma Singh  
Europe  
December 2007*

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## So, what's to get rid of already?

Again, you don't need to know! Although, in a sense, you already do know: It is "normal" to look away from that which pains you but you know that it's going on anyway. You know what it is that you've got to stop, got to give up, got to, somehow, overcome. But how? That's the trillion dollar question.

The first and, really, the only truthful answer is, "Stop looking!" There is no solution to be sought; you already have it and all you have to do is to "set it free". This merely requires courage. Courage because you will change your life from "the Devil you know" to something else, something you don't know. It requires that you give up your addiction to pain in order to allow something else.

You might well say (many do) "I'm not addicted to pain, I want to get rid of it." To which I reply, "If you're not addicted to it, why do you keep doing it?"

Freeing yourself from pain, of whatever type, is not difficult, no matter how difficult it may

appear: The sole difficulty lies in the belief that it's difficult.

This is no great surprise; we, as a society, have been well schooled into beliefs that we need "experts" to manage our bodily problems, "experts" to tell us what to know and think, "experts" to tell us how we should live, even "experts" to talk to God for us: Small wonder that we believe in personal helplessness, incompetence and impotence.

So what is really to be removed, the dissatisfaction with your life or the belief that you can't change it?

Read on - it can only get better.

## Avalon

Avalon is one of the names of "The Secret Land" where the real knowledge of who and what mankind is has been preserved. It is, in a sense, symbolic but also a real place. You won't find it on Google Maps but you can get there.

This is a time of awakening for mankind. You see it everywhere around you: The dissatisfaction with mere material possessions (or the lack of them) and the yearning for something else, some other way of doing things, some other way of being.

Through the jungle of your thoughts rides the silver dragon of knowledge. Who are you? Who are you really? Listen to her as she whispers her message into the dark recesses of your soul. Go with her: Let her take you by the hand and lead you out of the nightmare of belief and into the light of knowing. Climb onto her back and rise above the bog of that which you are not and never were. Turn your inner eye, your mind and your heart to the light of eternal being. Become that which you, intrinsically, always were.

There is no need for suffering, nor yet virtue therein. So why do it?

Just because it's always been that way, is in no way a justification for continuing it.

All around you, you see the desire for change. Simultaneously, a whole host of things have sprung up to "supply" this demand.

So, how are you to know which is real and which not?

There is a very simple way to tell..... Quo Bono? (who benefits?)

Does that being offered to you empower you or does it lead you into dependence upon a "teacher" or "leader" for their personal benefit?

Following the advice or instructions of a real teacher is not the same as the type of dependence teaching mentioned above. Simply look closely: What does the teacher get out of it? A shining example of a real teacher is Mata Amritanandamayi. Although she has millions of dollars at her disposal, everything is used to benefit others and she, herself, lives in a simple

hut with almost no personal possessions. If, however, the "teacher" enjoys enormous personal wealth, many "handmaidens", etc., etc. then you know that the whole thing is for his/her benefit, not yours.

Similarly, with online offers. What are you being asked to commit to? A simple, clear, one-time purchase with no strings or a set of vague promises attached to a sequence of investments with no visible end?

It's always easy to tell.

The simplest way, if you have sufficient self trust to do it, is to just follow your heart feeling. In your heart you will always know straight away what something is really about. This is why mankind in general and, especially, those of us in Europe or under European influence have been so well trained over the last eight centuries to not trust our hearts:

If you trust your heart, you can't be manipulated!

## So what do you know?

You are going to be surprised at just how much you do know but didn't "know" that you knew.

Please don't confuse information with knowledge - they're not the same thing at all. Most information is useless. You were stuffed full of it at school - just look how little of it you've ever used: I'd bet that you can't even remember 90% of it.

As part of the patriarchal society from which we are now emerging, information has been used as a substitute for knowledge. Why? Well, quite simple:-

If your mind has been stuffed so full of information that everything just keeps going around and around and you've been purposely trained to not only distrust your feelings but also to view feelings as something only the insane listen to or as a "sin" punishable by eternal damnation then it is very easy to convince you that you are living under a great threat and must obey those who can "intercede" for you with "god".

Although this was initially propounded for the benefit of the bishops, the pharmaceutical companies (their partners for many centuries) have now taken over this rôle. Healing is easy, simple and, above all, cheap. Billions are spent each year to pump you full of the (false) information that healing is not real. Were everyone to know (i.e. to believe in truth) how real healing takes place then the sales of the pharmaceutical companies would drop by about 98%. Now do you understand just why they spend so much to keep you from knowledge?

They are by no means the only ones: The whole of our society is structured around lying. You get rewarded for lying and cheating and punished for being honest and truthful. These are merely typical expressions of patriarchal society. We've done with this now; it's time to go somewhere else.

I don't believe that anyone can honestly dispute that the way we are living doesn't work. The amount of misery, poverty, pollution, dissatisfaction, strife and all the other junk surrounding us is incontrovertible proof of this.

Living from knowledge and letting go of belief orientated life style, will put you outside of the scope of manipulative techniques - you will become immune to them simply because you will know what is real. When you know something, no amount of persuasion can convince you otherwise. For example, look at your best friends' right hand: How would you set about convincing him/her that she/he hasn't got a right hand? It is that obvious.

So how do you get there from here?

## A Misquotation

I am now going to quote from "The" Bible one of the most often misunderstood sayings in the World. This misunderstanding didn't happen by accident; it stems from the time when the church had a virtual absolute monopoly on reading and writing and not only could but also did tell their congregations what they would like to have them believe about "The" Bible. (I put The in inverted commas because there are, at this time, some 47 different books each claiming to be "The Bible".)

The "quotation" is "I am the way, the truth and the light."

If you were brought up in a "christian" country, you will have been told that "I am" means Jesus, i.e. the church and that you must, therefore, obey the bishops. Neat huh?

I am going to make this much clearer by correcting a small "translation error":

I am is the way, the truth and the light.

You see the difference, I trust? Knowing who you are leads automatically to truth and "the light".

Jesus is a spiritual teacher. The teachings were just perverted to give the bishops political power and to let them accumulate great wealth. Nothing in the original teachings supported a hierarchy concept and so the teachings were simply "amended".

So it seems that knowing who you really are leads automatically to everything you want.

Experience confirms this.

## What is Happiness?

Happiness is not being satisfied with what you've got, it's being satisfied because you know how to have everything: You have no wants because you have no lack.

You might ask now, "How is that possible?" I mean, you've been taught all your life that there isn't enough to go around, that many must live in abject poverty so count your blessings, you must do things the way everybody else does, just take whatever you can get because you'll never get what you really want, you're not good enough, you don't deserve it etc., etc. ad nauseum.

Not only that, you've been taught that it's a "sin", a crime to even hope for more let alone have it.

How can you hope to get where you want to be whilst carrying that load of baggage around with you?

And now the icing on the cake: GUILT! Whatever you do, whatever you want, whatever you have, it's wrong.

Can you hear your shoulders creaking and feel your back breaking already?

I think we need to do something about this rubbish or we're not going to get anywhere, are we?

There is, actually, one and only one thing that you really need to know about guilt and that is; exactly what is it?

Guilt is a wonderful manipulation tool designed to keep you away from knowledge and from exercising your power; it is an amorphous threat hanging somewhere over your head; it is the expectation to be punished for something that has NOT happened. Yes, read that again, .....something that has NOT happened. It is 100% bs., complete nonsense and totally without meaning. It's just something that you've been taught to believe and which has absolutely no relationship with reality. Thank God!

You've been, further, taught that the way to get rid of guilt is to give it to someone else, i.e. blaming.

Let's just take a little look at this. In order to give guilt you've got to retain it, i.e. you can't give

anything if you don't have it, can you? So what does blaming do? It causes someone to defend themselves against you. Ever heard the expression "divide and conquer"? The Inquisition may have been the arch proponents of this but they didn't invent it. Look around you at how many institutions, major companies, government offices, banks, political parties, etc., etc. are still using exactly this method to climb up on your back.

You wanna get out of this?

OK, here's how.

On the next page you're going to find a list of things that you can do to change the whole of your life structure and to get it working the way that you want. There are also some tools that are going to be extremely helpful in doing this. You just have to decide whether it's OK for you to keep going the way things are now or whether you deserve the change.

Whatever you choose, keep smiling - it helps either way.

## So where is Shangri-La?

Even the longest journey begins with a single step.  
*(Lao Tse - ancient Chinese Master)*

Anyone can show you where the key to open the door to your life is but only you can take it into your hand, put it into the lock and turn it.  
*(Karma Singh - semi-centarian wise guy)*

And so it is. Getting to where you want to be can never be achieved in a single leap. This is another way of telling how "genuine" an offer is. Any promise to move you from enormous debt to enormous wealth in six weeks or from abject loneliness to the perfect relationship in 30 days or anything similar has nothing to do with reality. Keep your money - you can be sure that it won't work.

Here are a few things that will help get you moving in a different direction; consistency and perseverance are necessary: I can give you the tools but only you can choose to use them.

[www.non-smokercelebration.com](http://www.non-smokercelebration.com)

As the name implies, this will, usually, help you become a non-smoker within a few days. The technique, however, is not specific to nicotine addiction. It will also help overcome depression, both mental and physical stiffness and many other addictions. The technique is about becoming alive!

[www.thedoorwaytoyourself.com](http://www.thedoorwaytoyourself.com)

A 10 week course in the basic techniques to remove many of the things from your life which are holding you back from doing and having everything you want. A series of six lessons to practise one hour each day. Over the ten weeks you will achieve a dramatic transformation in both the way you perceive your life and the way in which you live it.

[www.harmonyunited.com](http://www.harmonyunited.com)

A real high tech solution. A tiny quantum energy filter will so order the internal information structures of your body and mind that perturbing influences, no matter how long you've been practising them, will be naturally ejected and completely evaporate. All you have to do is to wear it 24 hours each day. There's even a six month 100% money-back satisfaction guarantee -

that's how good it is. Each Harmony Evolution is further guaranteed to work for at least ten years! Even I use these every day.

[www.harmonyunited.com/web/headphone.html](http://www.harmonyunited.com/web/headphone.html) is the advanced application for those who want to get things done at super turbo charged speed. An intense 10 week home basic training course gives a thorough grounding in their use. From there you go on under your own steam or you can get and learn the advanced techniques.

[www.quantummarketing.com](http://www.quantummarketing.com)

Please note, only one "M".

Commerce has governed most of human activity for the last 2500 years. It's time for a change. This isn't an improvement; it's a complete replacement of commerce. By using the carrier function of the Quantum Field waves, one announces the availability of that which one is offering (be this goods, a sports club, a competition, a relationship or whatever) and will be instantly connected to those seeking to "buy" and only those. Anyone not interested will simply not notice. You can approach 100% of your target "market" with ZERO advertising costs! Take a look.

[www.thekeytoluck.com](http://www.thekeytoluck.com)

Manifesting is a natural skill inherent in each and every one of us. This ability is something which we use every minute of every day to shape and form our life experiences. Using the power consciously rather than from restrictive habits learned (mostly) in your early childhood will completely change your life.

Blessed be

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## Bibliography

You may want to take a look at some (or all) of these books and films.

They are about redefining the World in a way which really functions. Most of them are a lot of fun as well.

**"Conversations with God"**. Neale Donald Walsch.

[www.cwg.org](http://www.cwg.org)

Volumes 1 - 3 are the basic knowledge.

**"A Course in Miracles"**. Jesus. Various publishers, dependent upon the country you're in.

Sometimes hard work but worth the effort.

**"What the Bleep do we Know"** DVD and

**"Discovering the Endless Possibilities for Altering your Everyday Reality"** book.

William Arntz, Betsy Chasse & Mark Vicente

[www.whatthebleep.com](http://www.whatthebleep.com)

**Anastasia** - nine books redefining the World. Ringing

Cedars Press. [www.ringingcedars.com](http://www.ringingcedars.com)

**The Healing Handbooks** from Karma Singh.

[www.karmabooks.co.uk](http://www.karmabooks.co.uk)