

# 21 Ways to Raise Your Consciousness and Win the Battle Being Waged to Control Your Mind

**1. Meditate** Almost every spiritual path includes meditation as a powerful practice. It's because it allows you to detach yourself from the constant stream of thoughts that bombard you every day – most of which, by the way, are negative, destructive and not in your highest interest to act upon. Meditation helps us become aware of what is driving us, and creates a gap between the watcher and the watched, the observer and the observed, giving us a chance to step back and act from a higher place, rather than rashly or impulsively.

By remaining centered in your heart and the front part of your brain (the neo cortex), you are overall much more likely to make a better decision than if you stay in the lower part of your brain (the amygdala or reptilian brain). Meditation is also a very useful tool because it brings you in touch with your essence, which is consciousness itself. You are consciousness, embodied. Think about it. If you want to raise your consciousness, you need to first get in touch with your consciousness.

It's obvious, isn't it? It's the soul, the spirit, the "I Am" essence which exists before any thought or feeling comes along. Get to know it. There is something divine about consciousness. We are all part of "God" or All That Is. By knowing yourself, you come together in the best way possible, through your own personal experience. Lastly, meditation will allow you space to ponder a very important question:

if you are not your thoughts, then what are your thoughts? Where do they come from? There is evidence to suggest that not only are we being bombarded with governmental mind control broadcasts (especially with ubiquitous cell phone towers, HAARP and other emerging technologies), but we may also be under psychic attack from other dimensional entities (such as Archons), who seek to trick us into doing their bidding by getting us to identify with (and act upon) their deceptive thoughts.

**2. Pray and Use the Power of Your Intention** It has been said that while meditation is listening to God, prayer is talking to God. If you have a religious inclination, use the notion of prayer; if you have a more spiritual or new age inclination, use the notion of intention. Either way, the idea is to give thanks, express and let go of regret, sorrow, sadness, frustration and anger, and get clear and ask for what you want, realizing the power to manifest it is already within you – since you are part of God, All That Is.

Although it is important to condense your wishes and intentions into words, it is crucial to use the power of emotion – the power of raw energy in motion – to amplify your intent and help give birth to it in this reality. Feeling what it would be like to have already achieved your desire will help bring it about faster than anything. This is the true meaning of trust and having the faith to move a mountain. You are a part of God. You have the power to do anything. Use it!

**3. Practice Deep Breathing** Breath is life. We can go without food (as shown by those who live by sun-gazing) and even without water for quite a few hours, but we cannot go without breathing. Our society has become one of shallow breathing; and as a natural consequence many suffer from stress and burn out. Breathing deeply allows us to relax, to feel fully in our body and to draw life giving energy from the air.

Oxygen is quite incredible. In high enough quantity, its presence is enough to kill any parasite in the human body. Disease cannot survive in an oxygen-rich environment. Oxygen deficiency may be the one true precursor to cancer. This would explain why in several spiritual traditions – including yoga from India – there is a practice called Pranayama, which is the art of breath control. Yogis or advanced adepts gain tremendous health and other benefits from mastering their breath. Try taking just 3 deep, long breaths right now and then remember to do it regularly.

**4. Exercise** Your body is designed to move, as shown by the fact that it releases endorphins (“feel-good” hormones) when you exercise. Like anything, the key is finding the right balance. Too much exercise can deplete you and too little can leave you overweight, lazy, apathetic, weak, stagnant or complacent. However, with the advent of labor-saving technology, machines and millions of desk jobs, mankind is in danger of exercising too little

Play. Do something you love – walk, run, jog, hike, cycle, row, swim, skate – and feel life pulsing through you. Children play all the time and exercise without even seeing it as such. Exercising is a great way to feel really alive, and an important way to raise your consciousness.

**5. Eat Healthy Food** You are what you eat. Food has a tremendously significant effect on mood, health and energy levels. The father of Western medicine, Hippocrates, said, “Let thy food be thy medicine, and thy medicine be thy food.” Most conventional food is tainted and poisoned in one way or another, containing thousands of toxic chemicals (food colorings, preservatives, growth enhancers, etc. and even chemicals approved by the fraudulent FDA such as aspartame).

Chicken has arsenic, fish has mercury and a lot of meat contains chemical growth hormones like rBGH (Recombinant Bovine Growth Hormone) which is injected so the animal will grow faster and produce more meat, but which ends up in people’s bodies and causes disease. Even food packaging is contaminated, e.g. many soup cans contain a toxic plastic known as BPA (Bisphenol A). The solution to all this is know where your food comes from (grow some yourself or buy local from Farmers’ markets) and increase the amount of raw, organic food in your diet – especially fruit and vegetables.

Many people derive great health benefits from adopting a plant-based diet and either reducing or eliminating animal products (meat, fish, eggs and dairy). Plants have everything the human body needs to function properly – vitamins, minerals, proteins, carbohydrates, and fats – in a form that is usually easily digested and assimilated. Lastly, try adding superfoods to your diet. Foods such as spirulina, chlorella, maca, ashwagandha, ginseng, goji berries, chia seeds, cacao and astaxanthin possess an extraordinary nutritional profile that gives you a real bang for your buck. With a strong and healthy body, your consciousness will naturally ascend.

**6. Drink Clean Water** The human body is somewhere around 75% water. Many people today walk around chronically dehydrated. Did you know that even mild dehydration can cause headaches, migraines, dizziness, fatigue, muscle cramps, heartburn and other ailments? It is very important to remain hydrated whatever you do during the day. Even those who are sedentary need water

because our bodies lose moisture continually – through urination, elimination of waste and toxins, sweating and even breathing.

Without enough water, the cells of your body cannot do their job of eliminating toxins, which leads to toxic buildup and thus disease. Sadly, much municipal water today is fluoridated and when ingested, accumulates in the pineal gland and shuts it down, thus making it more difficult for us to access higher states of consciousness.

Therefore, it is crucial that you find a source of clean water. Spring water is the best, but if you don't have access to that, get a decent water filter that will remove many of the pathogens, heavy metals and bacteria lurking in the water. For those who live in a place that doesn't fluoridate the water, a regular filter will do; for those who live in a place that does fluoridate the water, you will need a reverse osmosis system that takes out fluoride. Lastly, use nascent iodine to detox the fluoride already in your body.

**7. Follow Your Passion** Many people today are afraid of doing what they really love for one reason or another, finding excuses and procrastinating. However, it is crucial to follow your passion (or excitement, bliss or joy) and spend time doing what you love. Excitement is the language of the soul. Each person's excitement is unique; what excites one person won't excite another. Excitement is the way that the Universe communicates with us.

It's a clue to lead us back to our Higher Self, a way of reconnecting with why you incarnated and what you came to Earth to do. Follow your passion and your consciousness will automatically rise; follow your excitement and trust the Universe will adequately support you in one way or another. It always does.

**8. Align Your Work with Your Ideals** Many people today are stuck in jobs they hate or dislike, afraid of quitting and not finding anything better. However, if you do that, you are giving your energy away to a cause that you don't really believe in, which will be deeply unfulfilling to your soul. The Buddha prescribed an eightfold path for those wanting to attain Enlightenment (or raise their consciousness), and one of the eight recommendations was "right livelihood".

This involves getting clear on what your ideals, values and principles are and what gift you want to bring to humanity. It also involves trust that the Universe will support you, and creativity in

finding a way to make money from your gift to support yourself. The more you can align everything you do in your life (of which work or your primary source of income is a big part) with Who You Really Are, the happier you'll be, and the more your consciousness will be raised.

**9. Maintain a Daily Spiritual Practice** Life can be tough. It's easy to get sucked in to the world of stress, worry, fear, anger, running around, business and never-ending "to-do" lists. However, if you don't take some out to reconnect with your underlying mission or purpose for being here, you'll end up running around like a chicken without a head, not doing anything of real meaning.

It's vital to take some time each day to do a spiritual practice – whether that be meditation, yoga, tai chi, prayer, walking in the forest or along the beach or whatever works best for you. That way, you reconnect with your essence, your consciousness. We are human beings, not human doings! Find some time each day to nourish your being. It's sure to help uplift your consciousness.

**10. Spend Time in Nature** Modern civilization may have brought us many conveniences and luxuries, but it has brought about a profound disconnection between mankind and nature. Big corporations treat nature as the enemy; something to be fought over, possessed, exploited, harnessed and raped. Yet the absurdity of this is fast becoming apparent, since we are entirely dependent on nature for our very life.

If there were no more trees or plant life, we would die; if we contaminate the air and water too much so that there are insufficient quantities left for us, we would also die. Most of us live in houses, shut off from the outside world, and in big cities, away from mountains, forests and wildlife. Spending time in nature is a fantastic way to raise your consciousness. Walk barefoot on the Earth – get your feet connected with the Earth's telluric energy. Go camping. Take a hike to the mountaintop. Swim in the lake, river or ocean. Pick wild fruit and berries. Take a stroll through the forest. In whatever way you can, spend more time and nature and you will be amazed at how recharged you feel.

**11. Turn OFF the Television** Although television in and of itself is just a medium for information and communication, the overwhelming majority of people are addicted to TV and under its hypnotic spell. Did you ever wonder why the shows on television are named "programs"? That's exactly what they're doing to you,

they're programming you! The Controllers who run the planet love the fact that the majority of the population is hooked on TV, because it's such a highly effective tool to brainwash people.

When you watch television, you relax and your brain goes into alpha-waves, which are much more receptive than the normal beta-wave frequency we use during daily tasks. In alpha-wave, people are more susceptible to suggestion, and messages both overt and subliminal can more easily bypass the conscious filter. In this way people are programmed to believe what the Controllers want them to believe and act the way the Controllers want them to act.

Take a break from the TV. Use the time instead to connect with your loved ones, read a book, relax, watch the stars at night, be creative (draw, paint, write a poem, make a piece of art), meditate or practice a new hobby. Too much TV squelches your imagination and creativity. Reduce or eliminate your TV time and watch how much of your consciousness and intelligence is freed up as a result.

**12. Get your Information from Alternative Sources.** The mainstream media is totally controlled and has been for a long time. It doesn't matter if it's CNN, MSNBC, ABC, FOX, PBS, the NY Times or the Washington Post; at the end of the day, there are a handful of CEOs at the top who control thousands upon thousands of TV and radio stations, websites, magazines and newspapers under increasingly monopolized corporate banners.

Don't think for a minute that these stations are "fair and unbiased"; their owners have a definite agenda. They use their power to influence billions of minds, often subliminally without the audience realizing it. They're doing this not only to control and dumb people down, but also to manifest THEIR choice of reality; WW3, Genocide for 93% and a New World Order where they alone reign supreme over all life on earth.

Our minds and what we think is going to happen create very powerful unconscious intentions which help them manifest all their crap. So, it's critical to get your information from alternative sources, outside of the mainstream media. Get the truth and open up to understanding what is really happening in the world. Without that, you'll be blindly led along, playing right into the hands of the Controllers, who will use the media to mold and sway your opinion to further their agenda.

Use the internet. Get to know alternative websites such as [www.davidicke.com](http://www.davidicke.com), [www.rense.com](http://www.rense.com), [www.theintelhub.com](http://www.theintelhub.com), [www.projectcamelot.org](http://www.projectcamelot.org) and [www.activistpost.com](http://www.activistpost.com). Help us build a trove of truth at [www.numberforums.com](http://www.numberforums.com). It will forever be troll and shill free! The better informed you and those around you are about the state of the world and who each of us are, the more aware and therefore conscious we will all be.

**13. Create Win/Win Situations with Everyone** We have been brought up under the law of the jungle, the competitive win/lose model, where in order for someone to win, someone else has to lose. This is even embodied in mainstream scientific thought with the Darwinian theory of the survival of the fittest. However, we never really win if we do so at the expense of another, because we are one giant human organism, totally interconnected and interdependent.

If you are constantly causing people to lose, chances are you will feel their anger or revenge at some point, and it will be hard for you to fully relax and enjoy your so-called “win” knowing there are some out there plotting your downfall. This will keep your consciousness locked into a lower mode of survival, defense and territorialness.

It’s better to embrace the new model of win/win, and find solutions where everyone gets what they want, at least partially if not fully. This requires creativity, good communication and deft negotiation skills, but in doing so, you will earn many new friends, a lot of appreciation and respect, and assuredly raise your consciousness to a new level.

**14. Resolve Conflict Peacefully** If we want world peace, then we need to have peace in our own lives. If we want war and conflict to end on a global scale, we need to ensure we are not fighting with those around us. Wars between nations, states and communities are a reflection of our inability to resolve conflict peacefully on an interpersonal level. One great method of resolving conflict peacefully is NVC (Non-Violent Communication) pioneered by Marshall Rosenberg.

The idea is to stick to “I” statements instead of “You” statements, e.g. “I feel annoyed” or “I feel irritated by your actions” or “I’m having a hard time dealing with this right now” rather than lashing out or name calling “You did this to me” or “It’s your fault”. By

sticking to what you observe (rather than judgements), what you feel and what you need, you can make a request of another to change their behavior whilst still maintaining the connection.

Sharing what you feel and need often disarms another who can then relate to it. We all share a basic humanity and common feelings and needs. By emanating peace and practicing the art of resolving conflict compassionately, you will inspire many people and uplift your own consciousness.

**15. Be Authentic and Honest with your Feelings** Many people were raised in a culture where it was not okay to have certain feelings. Sadly, we learnt to hide and squash them, first from others like our parents, and later even from ourselves, falling into self-denial. However, what you don't consciously express or transmute, you end up repressing. Suppressed emotion can lead to dark behavior, depression, anxiety and immune suppression.

By learning to be authentic and honest with yourself and appropriately express your feelings as they arise, you will allow the energy of the feeling to rise, pass through you and go on its way like a wave, without any resistance. The best way to deal with emotions is to have full acceptance of them. They will come and go, rise and fall; you don't need to judge them, deny them or beat yourself up because you feel them.

Just accept them, and use ones like anger, sadness, frustration or disappointment as a warning that something is not working in your life and needs attention or adjustment – much like the warning sign on your car dashboard might show you that you're low on water or oil. By authentically accepting and appropriately expressing your feelings, you will access a raised level of consciousness with increased easefulness, peace and power.

**16. Spin** Everything in the universe spins. Moons revolve around planets which revolve around stars which form spiraling galaxies. Not only that, but everything rotates as it revolves, because everything is composed of atoms which rotate. If you look closely, you can see this in the growth of plants, flowers and vegetables as well as in the stars.

The ancient yogis of India (and probably many other traditions too) realized the human body contained 7 power centers or chakras, which ascend from the base of the spine to the crown of



the head. These chakras are spinning discs; the faster they spin, the higher your energy levels.

By simply spinning clockwise and counterclockwise 33 times every day (as recommended by higher ET intelligence, the Pleidians, in Barbara Marciniak's book "Bringers of the Dawn"), your atoms and chakras will be more charged, and consequently, your consciousness will rise.

**17. Take Retreats** Today's overly busy and super stressed world can leave you depleted and disconnected from your inner purpose. We are being so constantly inundated with advertising, entertainment and offers that our senses have become saturated and numb. Taking a silent or spiritual retreat, preferably in a quiet area with no television, radio, traffic or city noises, is a great way to "unplug from the Matrix" and return to the greatest wonder of all: you.

Practice being yourself, or Your Self, which is the creator and guide behind all your experience. Going into retreat every so often is like going into hibernation. You give your mind, body and spirit a chance to relax, rejuvenate and process difficult or traumatic emotions and experiences that you may have previously buried, because it wasn't the time to deal with them then.

You must eventually deal with these things; no one else can, and they will simply fester in the dark until they are examined and integrated. After a retreat, you will emerge like a butterfly from a cocoon, feeling like a new being and looking at the world differently. It is an important way to raise your consciousness.

**18. Do Your Inner Spiritual Work** The outer is a reflection of the inner. What you experience in the outside world is not random; you (and the others with whom you have interactions) are orchestrating all of it on a deeper level, of which you may not be consciously aware. The reason is that we are not just physical beings. We are electromagnetic. It is the nature of magnets to attract and repel.

We attract certain people and situations into our life. Once you realize and take responsibility for this, you know that you have the power to change it for the better. However, the only way you can change the outside is to first change the inside, just as the only way you can change a reflection in the mirror is to first change the

thing being reflected. It's identical. The world is a giant reflection of what goes on inside of you.

That's why, in order to rise above negative patterns and habits, you need to take a good, hard look at your thoughts, beliefs and definitions and work out why you are creating what you are. A therapist or counselor can be a very useful tool for this purpose. They can often see your blockages better than you can, and can help you unwind false and limiting beliefs.

In ancient Greece, there was an oracle at Delphi. Inscribed above the entrance was the simple phrase, "Know Thyself". You are a wonder, a mystery, a divine part of All That Is. Before knowing anything else, you must first truly know who you are. And to do that, you must do your inner spiritual work. A greatly expanded consciousness and true happiness is the profound reward awaiting you.

**19. Use Natural Modalities to Heal Yourself** Big Pharma – the big multinational pharmaceutical conglomeration of corporations – makes a lot of money selling pills which mask symptoms and don't address the root cause of disease. Not only that, but many of their drugs have horrible side effects. Many people take a second drug to offset the side effects of the first, and a third to offset the side effects of the second, and so on, never ending, like a dog chasing its own tail.

This suits Big Pharma just fine, because a patient cured is a customer lost, and they care about profit, not health. Nature has provided us with everything we need. There is no point in choosing drugs, surgery, radiation or chemotherapy if the side effects are more disease (or death). That's just trading one imbalance in the body for another.

Get familiar with the amazing array of plants and herbs on the planet, which can cure just about every ailment under the sun. Try alternative healing modalities, such as homeopathy, naturopathy, Chinese medicine, Ayurveda, acupuncture, fasting, energy medicine, chiropractics, aromatherapy, hydrotherapy, reiki and more. Countless people have had success with these alternatives with no side effects.

**20. Laugh, Play and Have Fun** The world is in a precarious state and it's easy to get stressed out with the worries, burdens and responsibilities of life. However, it's important to remember to

laugh, play and have fun just as children do. That way, you immerse yourself fully in the present without having to get anywhere or do anything. A lot of us have forgotten the joy of simply being without expectation or goal.

This is probably why Jesus said that we need to be more like children to enter the kingdom of heaven. One interpretation is that we need to be more present, more attentive, less worrisome about the future and less regretful about the past to be truly happy. The kingdom of heaven is not a physical place. It's a state of being, within you. That's what raising your consciousness is all about. It's spending more time in that state of love, joy, awareness and connectedness.

**21. Stop Playing the Fool** There are some very simple truths one must constantly be aware of in order to exist unfettered by the Evil scum in the matrix that surrounds us of current. They are;

- Money is Used to Imprison You just like Shackles & Chains
- Use Less, Need Less and Make Less to Live More, Far More
- The Media is 100% Psychological Propaganda and LIES
- Focusing on Sex Limits Your Mind to Lessor States of Being
- Climate Change and Pollution are Manufactured Guilt Trips
- The \$200 TRILLION Energy Sector is a LIE, Free Energy Exists
- Allopathic Healthcare/Meds are Brutal & Callous Profiteering
- "Others" ARE Among us Dimensionally/Spiritually/Physically
- Our Leaders are the most Adept LIARS in All of History
- They are Intentionally Poisoning our Air, Water and Food
- The Global Elite who Own/Control Everything Worship satan
- All Wars are Heinously Profitable, Blood Sacrifices for Them
- Sports are Designed to Condition us for Division and Warring
- Religion, Political Parties and Ideologies Divide and Weaken Us
- Together, We Can be More Powerful than Ever Imagined

***~ Cursed are Those Divided, Blessed are We United ~***