

3 Seconds to Being Your Higher Self - Heart of Presence

LIBERATED LIFE LLC

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## 3 Seconds to Being Your Higher Self - Heart of Presence

To The Ocean of Love

Without your guidance, knowledge and direction,  
this book would not be possible.

## Preface

This book probably isn't what you think it is.

Most books on spirituality and enlightenment suggest that there is a higher state to be reached - a spiritualized version of yourself that is so much better and so much holier than you are now.

And that - if you can just follow the steps and methods in the book or program - you just might catch a glimpse of this state.

Only for long enough that you then need to buy yet another book, go to another seminar or listen to another program on how to become a more spiritual person.

And if you are one of the lucky fate-selected few, you might - just might - attain enlightenment in which you never experience suffering and are in a constant state of bliss.

(But probably not.)

This leads you into deeper and deeper despair, self-doubt and suffering because you're never quite good enough and there's always a long way to go until you reach your goal.

So then, of course, you must acquire yet another *thing* on how to become enlightened. The search goes on and on, and you're still not *there* yet. And the longer you try, search, and practice, the more you end up feeling impatient, let down, hopeless, and frustrated.

Your deep inner belief of "I'm not good enough" is being triggered - and so

you are prepared to do just about anything to avoid the pain of that.

You may even begin wondering if there is really any point to all this spiritual stuff...and if you'd be better off giving it up. (But that would be too hard because you've already invested so much of yourself into it to just abandon it now...)

And the games go on...

...

Dear one,

Oh, Dear beautiful one,

I'm sorry.

And I have to tell you, this book is not a guide to make you better or more spiritual.

Well, not in the way that you may hope it will.

Because, you see, there is no "person" who needs to become enlightened.

The character you think you are doesn't really exist.

The name you have, the age you appear to be, the role you play, all these things are not who you are and try as you might, you'll never become enlightened by making the actor in a movie "better."

Right now, you're watching the person you see in the mirror reading this

book.

That person is not who You are. That *limited self* will come and go.

But You were never born and will never die.

You are already extremely powerful. You are already immortal.

You are already home.

And so to spiritualize the ego, or rather a fictional character in the movie of life, is lunacy and the cause of your lack of spiritual connection.

No matter how enlightened the actor on the movie screen appears to be, she/he's not real. She's just an actor on a screen.

No matter how hard the hero fights for his freedom, it's not real because the movie is fictional.

To wake up to who you really are is sanity.

To wake up allows you to come back home to the Bliss that can never be found on a stage or on a screen.

It's a radical awakening and can be done instantly, because it's always here.

This book offers sanity - not complex rituals that give false hope.

This book offers you a real and honest understanding of who you are and what is really going on.

## 3 Seconds to Being Your Higher Self - Heart of Presence

It's simple really, and just requires a shift in attention - like tuning the radio...

From the character on the movie screen to the Presence watching the movie.

This book provides a method to identify with the only real part of you.

It's not that you will become a more spiritual person.

You may find that the character you play appears more relaxed, and has more fun experiences, more synchronicity, more abundance, and more joy - but that's not the point. It's just a by-product of waking up, if it happens at all.

You will stop identifying with the illusionary part of yourself - and begin experiencing life through the eyes of eternity.

Through the eyes of Awakening. You'll find the entire Universe within you. You'll discover that the whole world you perceive flows from you like a waterfall.

3 Seconds to Being Your Higher Self is about seeing through awakened eyes and experiencing the ocean of peace and bliss that is, and what the only real part of you is.

It's so easy your ego may wonder how it could be so simple.

Where's the hard work? Where's the struggle? Where's the force, the challenge, and the drama?

If you're tired of fighting, and ready to abandon the game that you can never win, then this is the book for YOU, the awakening one.

## **How This Book Works: Your Magical Journey to Being Your Higher Self**

You are a cosmic traveler, an eternal adventurer.

You (the Eternal You) are already Awakened. You are already perfect. You are already eternal. You are already immortal. The job is already done. You can never die. You already have eternal life.

But your body isn't any of these things. Your ego will never be awakened or enlightened, and no matter how much work you do in the physical world - this will never give you what you already have inside.

This book is not going to give you anything you don't already have.

This book is as much your creation as it is my own. At a deeper level, all your experience in the *outside world* actually exists inside of you. There is no separation. There are no coincidences. Nothing is wrong and the You, who you truly are, is already safe, secure, happy, wealthy, and free.

This book simply reminds you of who you already are and what you already know.

It will take you on a magical journey to higher states of being and help you tap into an inner resource that's always been with you - but has been covered up through the game of life.

**Our first stop on our journey is to a place called 'Zero Point.'**

This is a re-run back to your natural state of simplicity, presence and peace. A place where you are free of conditioning, programming "should" and

“shouldn’t.” A place where you can see the simplicity and beauty of life.

**Once we’ve spent some time at Zero Point we move on to learn The Pulse.**

The pulse is an astonishingly simple 3 second process you can use in your daily life to shift your state of being and bring you into Presence, and into being your “Higher Self.”

The Presence that you tap into is here and now. The pulse simply reminds you of what you may have forgotten.

The Pulse is a simple, effective, and powerful spiritual practice that gets you in the zone with just three breaths.

Three breaths to return to the inner peace you always have.

Three breaths to remove negativity that seems to be real.

Three breaths to tap into the Ocean of love that’s always available.

Once you’ve learned The Pulse, you’ll be just three breaths away from the Source of all Love, Light, and Peace whenever you like.

**We will then Venture into the Heart of Presence - where all things become One.**

In this state of presence, you experience Resting in Eternity. Falling into Grace. Nothing else matters. You come back home.

**Next, as we feel our cup is full we find ourselves asking, “What Can I Give?”**

Your heart is now ablaze with Divine Love and Peace. You are singing with

freedom. All things start to make sense, you have nothing you need, you simply feel the pulse of goodness flowing through you. “How can I serve? What can I give?”

**Then, from this State of Fullness we Deeply Embrace The Presence of the Divine.**

The more we give, the more we are attracted to the Ocean of Love, and rest deeply in the Presence of God. No longer a state reserved for mystics and yogis, this becomes your own natural state of being.

**Our final stop ends at the place where you are a Beacon of Light in the World.**

## Note to reader:

You may feel an urge to *try* hard to *get something* from this book.

You may expect some profound shifts to happen instantly. You may find yourself fighting with the process.

That's ok, but you don't need to try too hard.

To get the most from this book...Relax. Allow. Be Gentle.

You don't really need to get anywhere.

This book contains many paradoxes and seeming contradictions.

On the one side your "person," the character you play in the game of life, does not need to be spiritualized. The Soul that you are is already enlightened, perfect, eternal, and free right now.

You are magnificent already.

And on the other side, part of you has fallen asleep and is waking up.

Part of you is certainly on a path of learning and expanding - and that part of you is seeking guidance, support and power to fully awaken in real life.

This book talks to YOU, the eternal one who is free.

And it also talks to the parts of you that have forgotten your Power and are getting on board with what IS.

### 3 Seconds to Being Your Higher Self - Heart of Presence

To the part of you that is AWAKE: You already are everything and you know it.

You are already smiling your beautiful light and there's nothing to say that makes you more or less than you are. You're beautiful.

To the part of you that's confused, and taking steps to awaken:

Relax, have patience and be slow.

Developing a practice of patience is the advice of the wise. For it's when we slow down that we can actually witness what we are doing and how we are being.

If you try too hard to force your way to peace, you'll get further away from the peace that is always here, simple, present, and available by softening.

When we're moving too fast, we can't see the clues in consciousness before us, and we don't learn the lessons.

There's a Japanese practice called "Kaizen." Kaizen means improvement or to "change for the best." This practice refers to focusing upon *continuous improvement* - no matter how small the steps.

Kaizen inherently acknowledges that real, true change happens gradually over time. Not over-night.

Kaizen celebrates the practice of patience; of making small, even incremental improvements every day.

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Because over time, these small steps add up to miles of improvement. And before you know it, you're at the peak of a mountain you never thought you could climb.

By focusing on continuous improvement and celebrating the journey, you will cultivate a peaceful heart, restful mind, and a life that keeps getting better.

As in the age-old tale of the tortoise and the hare...slow and steady always wins the race.

The fast and quick fix is ever-appealing and attractive - yet behind this enticing facade is an empty black hole.

Change and transformation take time.

And it's up to you to enjoy the journey.

This book is an invitation to slow down.

To have a seat, take off your running shoes and relax into a meditative journey towards peace and presence.

For this is an opportunity to slow down enough so that you may witness the glorious Light of the soul shining upon your wounds and tears - returning peace to your mind and softness to your heart.

It's in slowing down, not speeding up, that we will change both ourselves and our world.

As Gandhi said, "There is more to life than simply increasing its speed."

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If you look at the state of the world today, most people are in a frantic panic. Unable to slow down or rest. There is a global illness of being with out peace.

This book is to be medicine. To restore peace to the soul and an attitude of *kaizen* to the mind.

May you rest in the beauty and stillness of the present.

And remember, in the words of famous non-duality teacher Ramana Maharshi,

“No-one succeeds without effort...those who succeed owe their success to perseverance.”

Enjoy the journey. Enjoy the moment and take each second as an opportunity to let go, awaken, and tune into the wonder that surrounds you.

### 3 Seconds to Being Your Higher Self - Heart of Presence

(One more note.)

I use the words God, The Divine, Source, The One, and Eternal Companion interchangeably.

I want you to know that I am using these words to describe a Loving Presence - the Presence that is the Source of all Love.

Most importantly, focus on the *experience* that connecting with this loving Presence elicits, rather than worrying about the word or name used to describe it.

Because after all, language is limited.

May your journey into the Heart of Presence begin...

## Zero Field: The Open Secret To Awakening

*"Galesburg? Galesburg, you say?" said the farmer. "By golly, you can't get there from here!"*

There is a reason that so many people feel nothing but emptiness from their spiritual or religious practices. They may pray, they may show up and do the rituals and try and get that Divine Connection - but time and time again they leave with a bland, even frustrated feeling.

For us to get where we want to be in our lives and in our spiritual practices, we need to start from the right place - and, as you'll soon discover, we're often starting from a place that makes it impossible to get where we want to go.

We may be doing various spiritual practices and, despite all our hard work and sincere efforts, we're left thinking, "What's wrong with me? What am I doing wrong? Maybe God doesn't love me? Maybe I just need to try harder? Maybe I'm not really spiritual? Maybe it's all a sham and I should give up and stop trying? Maybe I need to convert to another religion or try something new?"

And so the search goes on and on and yet, despite some peak experiences, we find ourselves back where we started, feeling disappointed and lost.

But what if we're just playing a game we can never win?

What if we're starting from the wrong place?

What if we're seeing the whole thing from the wrong angle?

What if it's easier than we thought?

You've probably heard the famous story about Nasreddin.

One late evening Nasreddin found himself walking home. It was only a very short way and upon arrival he can be seen to be upset about something. Alas, just then a young man comes along and sees the Mullah's distress.

"Mullah, please tell me: what is wrong?"

"Ah, my friend, I seem to have lost my keys. Would you help me search for them? I know I had them when I left the tea house."

So, he helps Nasreddin with the search for the keys. For quite a while the man is searching here and there but no keys are to be found. He looks over to Nasreddin and finds him searching only a small area around a street lamp.

"Mullah, why are you only searching there?"

"Why would I search where there is no light?"

What if, like Nasreddin, we're just looking for our keys in the wrong place?

What if we're missing something simple, yet essential, and don't know it?

If you get one digit wrong, you'll miss your chance to make an important call. If you forget zero field, you won't be able to connect with Presence, Peace, and Bliss.

Before we talk about The Pulse, Presence and all the other experiences this book points you to - we first need to come to a place where we are able to stop trying to fix a non-existent problem.

We first need to find the right starting place. We need to tune the radio to the right frequency so we can hear the music. We need to enter the correct password to access the WiFi. Then we will easily be able to drop in and connect to the Source. As a vast wealth of information is a password away to access on the internet - in the same way, there is a place inside of you that grants access to

the eternal spiritual 'wifi' net.

“Don't fix it if it's not broken.”

If you forget to plug in the blender you might waste a lot of time trying to make a smoothie.

If you want to get a golden tan, it's not going to work without ever leaving the house and going into the sun.

To tune in, we first need to put ourselves in a place where the sun is shining and the power cord is connected.

You simply need the correct channel, the right password, and you'll finally access all that you ever wanted that was available to you all along.

And that place where everything makes sense is called Zero Field. It's the missing piece in the puzzle, the VIP ticket to all you seek.

It's the place from which you CAN reach your highest destination.

It's the secret that taps you into the power.

And to find out all about it, just turn the page...

## **Zero Field**

“To deal with things, knowledge of things is needed.  
To deal with people, you need insight, sympathy.  
To deal with yourself, you need nothing.  
Be what you are - conscious being - and don't stray away from  
yourself.”

—Sri Nisargadatta Maharaj, “I Am That: Talks with Sri Nisargadatta Maharaj”

Zero Field is the first place we come to on our journey to enlightenment and freedom.

Zero Field is your most natural state of being.

It's right here, right now, and always was.

Have you ever seen a blissful, wonderstruck new born baby who lights up the room and wins everyone's heart in a second? She's in Zero Field. She's in pure being.

To get a feeling sense of Zero Field, simply imagine how you'd felt when you were a baby, before you had language, words, and ideas. You didn't know anything, you had no worries, no name, no gender, and no age. Imagine how you'd feel to simply BE, free of the burdens of ideas, responsibilities, opinions, education, social etiquette, and judgement.

Who would you be if you let go of all the baggage you've picked up and carried along your way? No name, no age, gender, birthplace, culture, job, debts, home, or responsibilities. Just zero.

You've experienced it before. We all have.

It happens every night when we are in deep sleep. Blissfully being, without any idea of the world or our life and burdens.

You still have that place within you now - and you can return to it. It hasn't gone away, it's just been covered up with layers of ideas, worries, roles, and opinions. But it's still there inside of you, at your core, right now. You are like a diamond that's been rolled about in the mud of life. At the core, you're always a diamond, and with a wash and polish, the diamond you are can be seen and felt.

So who is this beautiful Being? And where do we come from?

There is a world of Light where no action and re-action occur. Where karma is absent - and all that exists is silence and peace. This world is a faraway place of Golden Red Light. A place from which long ago you came, and to which you will return.

Right now, you can experience this world as a field of zero - a space and depth of total blissful stillness. You can tap into this field with one determined thought - so long as you are humble and willing.

A magnificent soul, David Hawkins, so eloquently describes the true meaning of this word *humility*:

“With humility comes the willingness to stop trying to control or change other people or life situations or events ostensibly 'for their own good.' To be a committed spiritual seeker, it is necessary to relinquish the desire to be 'right' or of imaginary value to society. In fact, nobody's ego or belief systems are of any value to society at all. The world is neither good nor bad nor defective, nor is it in need of help or modification because its appearance is only a projection of one's own mind. No such world exists.” (David Hawkins, *The Eye of the I*)

Imagine coming to zero.

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Taking all of your thoughts, feelings, life experiences, opinions, all of it ...

And coming to zero.

Take a deep breath.

And think about Zero.

Freedom.

Simplicity.

Grace.

—

Gandhi had a message of 'making ourselves zero.'

Gandhi was touched by the Isha Upanishad. The message of this text being, the victory of Truth over Untruth is guaranteed - but not by the doer.

We do not win that victory, but we make ourselves the instruments of it, by not thinking of ourselves as the doers, but by "making ourselves zero," as Gandhi said.

The Heart of Presence is born from the field of zero.

This is not a barren zero - but a 'zero' of infinite love.

By making ourselves zero, then, and only then, may we start to be of real service to the world. Not trying to fix anything or change anything. Not trying to be someone or attain something.

### 3 Seconds to Being Your Higher Self - Heart of Presence

Your nature is Zero. You are that profound peace you seek.

By simply coming to a space of zero, you can humbly stop trying to control or change.

You can open to a Presence and knowing far greater than the ego can fathom, and far more blissful than anything you've experienced.

You change the world not by what you say or what you do, but by what you become.

Or rather, you change the world and yourself by what you *allow* yourself to become.

Spiritual Evolution is a result of removing; not acquiring anything new.

Let me repeat that.

Your evolution, your awakening to deeper levels of peace and more profound states of being is NOT about getting more stuff. It's about letting go, releasing the baggage, and cleaning the mud off the diamond.

You are already perfect, pure and beautiful.

You are therefore not so much 'raising' your level of consciousness, or becoming 'higher' and 'better' - but rather, removing that which no longer serves you.

You are removing your way to enlightenment.

Coming back to zero.

Becoming a point.

Returning to Innocence.

*“Silence is also a conversation.”*

*—Ramana Maharshi*

The good news is, removing is something we can all do.

All it takes is willingness and humility.

This is what the Heart of Presence is about.

Letting Go, allowing and feeling free.

Seeing life from a new place.

### **Becoming ‘Not Me’**

The ‘me’ we normally think about is made up from our roles, our history, our baggage, our culture, our programming. We think, “that’s just the way I am,” “I can’t do that,” “I’m not like that.”

But who are we talking about? We’re talking about the layers covering the diamond, the mud, the extra stuff. We’re talking about our limitations, our past wounds, our belief systems.

To tap into the magic of Presence, we need to become ‘not me.’

There is a famous prayer by St. Francis of Assisi.

The ending line goes, “And it is in dying that we are born to Eternal Life.”

Becoming ‘not me’ is dying. Becoming ‘not me’ is dying alive.

In dying alive, we are born to Eternal Life.

We awaken to the Heart of Presence and the Peace and Wonder of the Present moment.

It’s not that we experience any pain by dying alive. No, not at all.

Rather, we become zero and reach a benevolent state of humility.

It’s a beautiful relief.

It’s coming home.

Dying alive and returning to zero is a state in which we can experience Truth. We can see the precious Truth and Beauty of each moment.

Not in some esoteric idealistic way. In a real way.

This is something anyone, anywhere can practice. It’s going back to the foundation of all you experience.

It’s being who you were before you were born and who you will be after death. It’s who you really are right now.

It’s freedom.

### 3 Seconds to Being Your Higher Self - Heart of Presence

The key is to imagine you are the Silent Presence witnessing this 'me.' - To be distinctly 'not me.'

Being 'me,' all the baggage and acquired labels are heavy and cause endless stress and worry.

Being 'not me' and awakening to Presence is becoming sane, becoming enlightened, becoming Real.

—

A practical application of 'not me' is in our relationships.

When we are willing and open to be zero and to die alive - we no longer need to win. We don't need to be right.

We don't need to prove ourselves and win the argument.

We can recognize ourselves outside of the situation, and let go.

We can smile on life and see the humor in daily events.

We can choose peace and compassionate listening over forceful speaking.

Try this. Next time in an argument with another, come to zero. Surrender any need to be right or prove anything and just be present. Notice what happens and how you feel. Witness the situation and observe the feelings, words, emotions, and thoughts that are coming forth. Observe with curiosity and a relaxed intent to see the situation from a 'higher place.'

You just might find it far more effective and useful to use the power of your

love and presence to heal a situation, then anything else.

For at least you will be at peace regardless of the outcome.

(And you will probably be able to see the whole thing as amusing.)

### **Zero Person**

The irony is that the person Arielle isn't writing this book at all.

How is that so?

Because Arielle is not the doer. Arielle is fictional, she is part of the movie.

You see, the person, Arielle for example, who might think she is important, would only be standing in the way.

It's that simple.

The mind/the ego wants to make it special, take ownership/credit, project into the future, etc.

The soul that is functioning through Arielle is evolving. But 'Arielle' the character isn't really doing anything.

When we come to zero, we can witness the ego's desire for 'specialness.'

And we can be aware of it rather than run by it.

There is freedom at the Heart of Presence. A freedom of lovingness and non-

attachment.

And, as David Hawkins says,

“With non-attachment, the personality is free to interact. It has no effect on the state of awareness.”

We can be in total bliss and Presence while allowing the personality to do its thing - speak and act.

Naturally, from the field of Presence, the personality will be colored by Love.

This is not to say that it is not important to develop your character and personality to be a good human. This is very important too. You are an individual soul who carries personality characteristics through births - so developing your personality is essential.

While acting and developing your personality and character - also realize you are not the character. This awareness of detachment will make it easier for you to change in a practical, real way. Imagine not being attached to being one way or another. It's from this place of zero person, that you can feel free and actually evolve.

### **Zero Mind**

Thinking is an addiction.

Just like any other addiction - thinking is an addictive activity. One that pulls us from presence into a whirlwind of energy - taking us this way and that in a sea of turmoil.

We are addicted to thinking because we fear the present moment. We fear our true selves, and we fear death.

Is it possible to come to zero mind?

Maybe. Maybe not.

But it is possible to let go of this addiction. Consciousness is power. Once we are aware of ourselves as a separate Presence from our thoughts, we can then witness them and perhaps notice the addictive quality of thinking.

For example,

As you are reading this book - right now -

Are you thinking?

Or are you receiving this information in consciousness, not necessarily needing to 'think' about it?

Notice.

Thinking is yet another way for the ego, aka, 'me' to run our life. In fact, thinking is the easiest way for us to identify with the ego.

'Zero Mind' really just means Presence.

It's not that you won't ever have any thoughts. You will.

And as you do, just direct your attention back to Zero, to Presence.

And if they are useful thoughts, great!

When the mind and intellect are strong, clean, and clear - thoughts are good and powerful.

From the Heart of Presence comes consciousness. We don't need thoughts to think or understand.

We effortlessly and naturally receive and give information by way of consciousness and by way of our nature.

Consciousness is easy, effortless and peaceful.

As we relinquish our addiction to thinking - unfathomable peace, success, and joy will come forth.

As we use our thinking in a worthwhile way - our thoughts become disciplined and constructive - rather than full of waste.

When our thinking is pure and deliberate - we can more easily act with purity and precision.

And, in turn, experience great success and fulfillment in life.

### **Zero Feelings**

Feelings will come. Sometimes, intense feelings.

(This is simply a result of energy that has been attached to thoughts and

actions.)

When a feeling comes - the practice is to come back to 'zero'; to neutral.

Having no opinion about the feeling - no resistance. To release (negative) feelings, we must let go. We must be willing to feel the feeling without resisting it, fearing it, condemning it, or moralizing about it.

The practice is to simply witness it as a feeling, however all-encompassing it may feel.

Ironically, it is resisting the feeling that keeps the feeling alive. When you give up resisting or trying to change or fix it, this feeling will then shift to a lighter, more free feeling, and so forth.

Eventually, you will experience the surfacing of lightness and joy.

(And keep in mind, there isn't a 'right' or 'wrong' way to do this. It's simply a conscious decision not to resist.)

Granted, this is not a practice we are used to. We have been running away from our feelings for a long time - by way of many clever tactics such as suppression, repression, expression, and escapism.

Rarely, has it occurred to any of us to just feel the feeling.

To feel the feeling from a space of Zero.

Zero judgment or opinion. Zero Mind.

You will notice as feelings come up, there are often hundreds of thoughts that

want to come with the feeling. Rationalizing, moralizing, judging...

If you can just be Present with the feeling, feel it, and let it go, all of those thoughts will vanish with it.

In a way, this is actually a practice of 'choosing' the feeling.

When this feeling comes up - consciously *choose* it. Not because you want it -

But because you are in acceptance of the feeling and acknowledging its presence.

You can only let it go if you can choose it and be with it fully in a space of Zero.

Notice how, when you do this, the feeling is then able to go.

And new, lighter feelings will follow.

### **Zero Time**

We all think, "I am the doer."

When we take a deeper look - we realize everyone's life is one singular event -

One play - One Eternal World Drama.

Practice this:

To melt into the present moment ...

So much that the moment becomes eternal.

No space between a moment passed and a moment to come.

Just one eternal moment. The seemingly real past and seemingly real future are then merged into this one moment.

One now moment.

—

When we come to zero, and come to Presence - time expands. Time is one big moment - and we can melt into the Peace and Ease of the precious and safe Now.

## **Zero Field**

At the Heart of Presence is the Truth we seek.

Remember...

The victory of Truth over Untruth is guaranteed - but not by the doer.

We cannot win that victory, but we can make ourselves the instruments of it, precisely by not thinking of ourselves as the doers but by “making ourselves zero,” as Gandhi said.

By becoming instruments of Truth we serve the Whole.

### 3 Seconds to Being Your Higher Self - Heart of Presence

By simply being present, we can enjoy and love all life, all events, all creatures, and all circumstances.

In loving each moment, we are loving the whole.

And that, is a beautiful thing.

The world doesn't need your opinions; the world needs your love, your Presence.

## What will happen?

What happens if you tune into Zero Field?

Zero field holds within it the magic potential to fully awaken to who you truly are. By attuning to Zero field you will...

- Experience greater peace
- Have a deep sense of ease around your every action
- Feel detached and free from the 'quirks' of your personality
- Love and accept the 'character' you play...
- And have a deep knowing that you are so much more

Now that you've awoken to Zero Field, you can begin The Pulse, the 3 breaths to tap into the Ocean of Peace.

## Why is The Pulse Different?

“Life is really simple, but we insist on making it complicated.”

—Confucius

“Simplicity is the ultimate sophistication.”

—Leonardo da Vinci

“Nothing is more simple than greatness; indeed, to be simple is to be great.”

—Ralph Waldo Emerson

The Pulse is a simple, effective and powerful spiritual practice that gets you in the zone with just three breaths.

Three breaths to inner peace

Three breathes to remove negativity

Just three breaths to tap into the Source of all Love, Light & Peace

You can do penance for 1000 years. You can say a million mantras. You can fast and cleanse and go on pilgrimages to the four corners of the Earth and yet come back empty handed.

Or you can find the peace within you, here and now.

The Pulse gets to the heart of the matter and condenses the essence of spiritual awakening into 3 breaths.

Now that you understand Zero Field, you are in a position to use the pulse and experience the magical benefits in your daily life.

## 3 Seconds to Being Your Higher Self - Heart of Presence

## **The Pulse**

The Pulse is a method to open the gates to Divine Presence and allow the Sun of love to flow into your heart.

Like your own breath, The Pulse is your constant companion.

It is a way to experience both profound peace and the love of God/Source.

This is a method I realized, or rather received, after years of striving to stay in remembrance of my true nature, be lovingly detached and peaceful in each moment, and allow in the constant flow of Divine Love.

I realized it wasn't enough to simply be present - but that there was more to receive in the moment.

The Pulse is the name that came through - as representative of the Heart (beat) of Presence.

It is soft, simple and gentle.

I will share it now and spend the remainder of this section explaining it more in depth.

### **What is the pulse?**

The Pulse has 3 simple steps and can be done in three breaths.

I'll explain each step in detail so you can begin experiencing it right away.

STEP 1

1. Witness. Become the Witness, witnessing the thoughts, emotions and situation. Notice. Become light and loving.

STEP 2

2. Deep Peace. Rest into the Deep Ocean of Peace within you. The ever-still and silent part of yourself.

STEP 3

3. Allow in the Love of the Divine - the Ocean of Love and the Source of all Love. With a simple intention - connect to this Light and allow this Love to fill you overflowing. Unite.

Once you apply this process and familiarize yourself with it, the whole process can be done in about 3 seconds. You can even do it in 1 second after you've mastered the basics.

Consciousness is fast - and you may notice that you need to spend more time on each step at first. But before long, you can pause at any moment of the day and (sigh).

Witness. Peace. Love.

You can even use these words as a 'short phrase' in your head for the process.

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I find that sometimes when I do this - I don't actually need to repeat it. At least for a while. In this case, I find the Profound Peace and Love of the Divine so intoxicating - my ego doesn't have much power to change the situation.

Sometimes I do need to repeat it.

You can repeat it again and again, to the rhythm of the beating of your precious heart.

Witness. Peace. Love.

Witness Peace Love.

Witness Peace Love.

\*In this book - I am including 2 audio meditations - one that is a guided meditation of The Pulse. And another is a meditation on how to connect to the Divine in a real way - how to receive the love of God/The One.\*

You may find it helpful to listen to these, especially at first.

But in time, you will find this simple, bringing great ease into your life.

{Note: If the word "God" triggers you - know that I am not referring to that judgmental God that doesn't exist. I am referring to the Ocean of Love and Peace that is your eternal companion, that is Source.}

—

A heightened, extraordinary time to practice the Pulse is during what is

### 3 Seconds to Being Your Higher Self - Heart of Presence

called 'Amrit Vela' in India. The wee hours in the morning between Two a.m. and Five a.m. when most human creatures are sleeping and the atmosphere is very still.

The depth of stillness is profound. I have experienced the greatest Bliss of the Pulse during this time. It is an experience I try to have everyday - and I find it colors the remainder of my day with great peace. I find that I don't have to remind myself as much to come back to the pulse. It just naturally stays more easily.

And, it is understandable if you do not wish to awaken that early in the morning. You can practice the pulse all day - at any time - to experience waves of Love and Peace.

## Witness

“As a tethered bird flies this way and that, and comes to rest at last on its own perch - so the mind, tired of wandering about...settles down in the Self.”

-Chandogya Upanishad

Becoming the Witness is taking the mind/ego and setting it on its perch to rest - as the consciousness you are becomes aware of being the Witness.

It's not that you become the Witness - you already are the Witness. You simply identify with being the Witness.

You move your attention away from a wandering mind/opinionated ego and become a detached witness of your experience.

This does not mean that the mind ceases to wander, but that your attention is as the witness - no attachment, no agendas.

The heart rests and flourishes with simplicity. When we become the witness, we become simple.

As all great mystics have said, it is attachment that leads to suffering.

Give up attachment and suffering falls away like a distant dream.

—

Let's practice this right now.

### 3 Seconds to Being Your Higher Self - Heart of Presence

Take a deep breath.

Expand out and bring your mind to be the bird on the perch, witnessing.

Detach - let any strings falls away.

And Rest.

Take another deep breath.

Rest in the stillness

The Beauty of the Present Moment.

See your mind rest on its perch, and simply witness and experience.

...

Can you feel it?

Simply keep practicing.

Think...

Witness.

As if it is a command to the mind - Witness.

Feel yourself literally 'expand out.'

And Detach.

Witness.

Find the space *beneath* the thoughts...

“Q: “But what about the classical spiritual teaching of ‘the space between two thoughts’?”

A: It is a misunderstanding, for there is no detectable space ‘between’ two thoughts through which one can glimpse the Infinite. The supposed ‘space’ is not between the thoughts but prior to the thoughts.

“Perception moves at the same rate as does mentalization; therefore, to expect that perception will discern a space between two thoughts is impossible because perception would have to then move faster than 1/10,000th of a second, that is, the perceptive faculty of the mind moves at the same rate as the content of the mind. Thus, to try to witness the space between two thoughts is like a dog trying to chase its own tail. This is why many serious and committed meditators do not reach Enlightenment, even after many years of devoted meditation. They are simply looking in the wrong place.”

—David Hawkins, “Discovery of the Presence of God”

## **Neutrality**

Neutrality is the nature of the Witness; the Self.

Neutrality is a blissful place to be and allows for a pure, uninhibited flow of consciousness.

### 3 Seconds to Being Your Higher Self - Heart of Presence

We can also think of this as 'equanimity'; meaning 'balanced soul.'

Neutrality is like a river that flows seamlessly down the bank - no rocks in the way - just pure flow.

Our ego is the biggest enemy of neutrality - as the ego is always seeking self-interest, opinions and judgments.

And these become the obstacles on our path. The rocks inhibiting the river's pure flow.

But, when we remove self-interest, and become the Witness, then what is the function of the ego?

The ego will sit there 'dormant'; perched on its own tree.

The ego's desires cease to exist.

And we rest - we fly free as the Self; the Witness.

It's in this state that the Truth shines in the mirror of the Intellect.

And the soul soars.

It is in this state that we may continue to act from a state of equanimity and appreciate all that is.

## Deep Peace

Upon identifying as the Witness -

Now, imagine falling back into an ocean of peace.

A literal energetic field inside of you - one of complete stillness and endless peace.

Imagine falling into it.

A safe place to fall back into.

As the Witness, without any reservations or fears -

Melt into the Ocean of Peace inside.

Realize that there is a remarkably silent and still part of yourself that merely Is.

Rest here.

Be here.

Safe and Secure for all of eternity - this is a space within you that has always existed and will always exist. This is Peace. And Peace is your true 'religion' and nature.

## The Motion of Love

Love is the motion of Presence. The motion of Truth.

If all of the other feelings we may experience are ‘e-motions’ —

Love is the one true ‘motion.’

Love is often mistaken to be an emotion, when really, it is a state of being, an innate motion.

When emotions emerge, we can bring to attention the ever-flowing motion of Love.

We can love the e-motion and fill it with total acceptance and compassion.

The emotion will dissolve in the Presence of Love.

We’ve heard this before, and we’ll hear it again. Love will set us free.

Love *is* the pathway of surrender.

Love is the motion of Presence and is naturally at the Heart of Presence.

Unconditional Love is at Zero. It is the basis and ground of Presence.

## The Love that Transcends

### 3 Seconds to Being Your Higher Self - Heart of Presence

There is a Love available to you all the time. One that transcends your resistance and ordinary human life.

This Love is always there -

Knocking on the door of your heart,

And mind.

Hoping to be noticed.

So that it may fill you and envelop you.

This is the love of the Divine, the All-Loving Presence that is Source, that is God.

You see, this Presence doesn't want anything from you.

This Presence merely wants to love you.

A soul, an energy being, like you -

God is a Presence.

When we are not experiencing our own Presence, it is difficult to experience the Presence of God.

I find using the Pulse opens me up almost immediately to Divine love.

Once I detach and become the witness, I fall into the deep ocean of peace

within - (let's call this soul-consciousness).

My heart is available to then receive Divine love and to have 'yoga'; union with the One.

But when I try to connect from a more ordinary - shall we say - 'body' conscious place - I find it hard to connect with this Divine Presence.

Like connects with like.

When I am conscious of myself being of the same material and nature as God; a soul —

I can easily connect with this Presence.

When I forget who I really am and think I am this body/person —

I am in the dark and find it hard to connect.

*The Presence of God* is something we hear about in religious and mystical texts and read about in others' experiences.

The Truth is, you can experience God's love right here, right now.

By practicing the Pulse, you can do this very easily.

The Pulse

1. Witness. Expand Out. Become the Witness watching the thoughts, emotions and situation. Notice. Become detached and loving.

### 3 Seconds to Being Your Higher Self - Heart of Presence

2. Deep Peace. Rest into the Deep Ocean of Peace within. The ever-still and silent part of yourself.

3. Allow in Divine Love - the Ocean of Love and the Source of all Love. With a simple intention - connect to this Light and allow this Love to fill you overflowing. Unite.

Slow Down...

Breathe.

Rest.

## What will happen?

What happens as you practice the Pulse?

The Pulse becomes your own heartbeat.

The pulse will flow into your life, lighting up your mind and putting a smile on your face.

You may find yourself stuck in traffic about to get angry, but then you remember the pulse... and your whole Being is awash with Divine Peace in 3 seconds. You don't care how long the traffic is stuck. You're in the zone.

Someone defames you. You feel sick. You feel tired. You want to hide. Then you remember the pulse. In 3 breaths the blood returns to your face, your breath begins to deepen and before you know it you've forgotten what happened. You're in the zone. You're in the Heart of Presence, the lap of love and you're free.

The Pulse expands your awareness into a place beyond time. It takes you away from a world of dissatisfaction and places you in the Heart of Presence.

You discover a new Reality superimposed on the life you knew. You now have access to the spiritual world and the world of form simultaneously.

You are free. You are in the Heart of Presence, the lap of love and you are forever safe.

## The Heart of Presence

“People mistakenly assume that their thinking is done by their head; it is actually done by the heart which first dictates the conclusion, then commands the head to provide the reasoning that will defend it.”

—Anthony de Mello

Zero Field and the Pulse are tools to experience The Heart of Presence.

Presence is hard to describe in words because it includes and transcends all ordinary thinking and all levels of life.

I can tell you how magical it is to eat the world’s finest mango - but only when you taste it for yourself will you truly ‘know’ what I mean.

However, despite the limitation of language, I will do my best to describe the un-describable; explain the unexplainable.

My hope is that these words may trigger the deep memory you already have within yourself of this natural state of being.

I invite you to allow this reading to be an experience - the words on the page merely a direction to the truth beyond.

If it feels right, I invite you to read these words aloud and to experience them as coming through you.

—

### 3 Seconds to Being Your Higher Self - Heart of Presence

Presence is silent.

Presence is the still state of peace that is infinitely delicate and spacious - all encompassing space.

Presence is the most real part of me - beyond mind and body - Presence prevails and is eternal. It is all that which and by which experience exists. Beyond time and thought, Presence is the quiet core of all that is, has been, and ever will be.

It's motionless and immanent -

a quiet, boundless joy.

An experience of total peace, fulfillment and knowingness.

The mind grows still in the face of Presence, and all is encompassed within.

Worries, fears, and anxieties are dissolved as an overwhelming sense of contentment fills every breath.

Presence is not an esoteric thing - but a real and alive Truth that merely is.

Presence transcends.

... Is forever still

And is fullness itself.

“All this is full. All that is full.

### 3 Seconds to Being Your Higher Self - Heart of Presence

From fullness, fullness comes.  
When fullness is taken from fullness,  
Fullness still remains.”

-Isha Upanishad

## Resting in Eternity

“If someone thinks that love and peace is a cliché that must have been left behind in the Sixties, that’s his problem. Love and peace are eternal.” — John Lennon

Eternity is not some place else other than here and now. Eternity doesn’t apply to someone else or something else. It’s YOU. It’s what you are. You are eternal consciousness and you can never end.

You never began.

You were never born.

You will never die.

You have no end.

Feel it.

As you rest in eternity, you relax, release, and let go.

You see the clouds of events, emotions, situations, ideas, and objects passing by on the screen of your mind.

You welcome your creation.

You are not afraid.

You allow.

You accept.

And, like the passing cloud in the sky and the lapping waves on the shores...

## 3 Seconds to Being Your Higher Self - Heart of Presence

You release.

You let go.

You Surrender.

You Align with A Higher Power.

## Letting Go: The Art of Surrender

“To ‘surrender to God’ means to stop looking to the ego for solace and thrills and to discover the endless, serene joy of peace. To look within is to find the underlying, ever-present source of the illumination of the mind itself.”

— David Hawkins

Resting in Eternity is simply to be present. That’s all.

In the present moment is eternity. Within the present moment is forever. The present can be stretched out to be one endless moment - where there’s not really a beginning or end.

When we are at peace with the moment; when we are present, we are surrendered to the moment and we are letting go.

And if in every moment - amidst the noise of every thought, action and deed - we can surrender to that moment, and we can surrender to the Divine, we can experience what it means to rest in eternity.

To rest in peace.

Letting go doesn’t mean you have to become a renunciate yogi and live in the Himalayas.

Letting go simply means to be present and content on the *inside*, moment to moment. This is about being surrendered to the highest good of each moment, and simply being a beacon of peace.

Having a calm heart and a peaceful Presence is quite possibly the only remedy for a very upset and distraught world. Remember, it’s not about what we say.

### 3 Seconds to Being Your Higher Self - Heart of Presence

We have all heard it all before... words don't have that much meaning.

It's about what we do; how we act; our attitude and our Presence.

This is the real practice.

Can you embody what you say?

By letting go and surrendering, you open yourself up to being an instrument of peace.

And by doing so, you yourself experience great peace and contentment at every step.

You are free. Nothing is too much. Nothing is not enough. All is imperfect perfection.

You are home.

Your heart is warm, your soul is ablaze and your deepest desire is to love, to share, and to serve.

As your heart glows, you feel the pulse, "What can I give?"

## What Can I Give?

“Love is not selective, desire is selective. In love there are no strangers. When the centre of selfishness is no longer, all desires for pleasure and fear of pain cease; one is no longer interested in being happy; beyond happiness there is pure intensity, inexhaustible energy, the ecstasy of giving from a perennial source.”

—Sri Nisargadatta Maharaj

## Giving

The nature of Presence, of consciousness - is loving, compassionate, and peaceful.

The natural way of Presence is to love.

YOU are a loving being.

“How can I love?” “What can I give?”

Presence is life-giving.

Take your body for example.

If we view the microcosm of the human body, we find that the heart does not receive blood to store it up. While it pumps blood in at one valve, it sends it out at another. The blood is always circulating everywhere, and is never static.

The same is true of all fluids in a healthy body; they are in a constant state of giving.

If one cell stores its particular secretion for a few moments, it only retains it until it is perfectly fitted for its appointed use in the body. If any cell in the body should begin to store up its secretion, its store would soon become the cause of deep-seated disease. The organ would soon lose the power to secrete at all, if it did not give forth its gifts.

The whole of the human body system lives by *giving*, by the consciousness, “What can I give?”

### 3 Seconds to Being Your Higher Self - Heart of Presence

When we look at our world today; the destruction, the trauma, the greed, and the pain, we have to wonder, where is this coming from?

Why?

The inner and collective consciousness has become one of a parasitic nature - of "What can I get?"

We have forgotten our true nature of Presence, fullness and peace.

We identify with the ego - the limited self - who identifies itself with "What can I get?"

We can learn a lesson here from nature, from the human body's example:

That to receive, I must give;

That to accumulate, I must disperse;

That to make myself happy, I must include others and make them happy;

And that to give,

I must be present, peaceful, and loving.

Wishing others well is good for us - it keeps us alive and well.

—

It is not enough to just say these things - we have all heard the words.

Now, we must embody these truths.

We must teach others and change the world by acting differently;

By acting from Presence.

To be the change you wish to see in the world,

You must become that.

By practicing the Pulse —

You will be a beacon of transformation.

### **Aligning Action**

Did you know that most of your actions are made from your subconscious mind?

Your conscious mind accounts for a small percentage of what you actually do. Whereas your subconscious mind accounts for most of it.

In addition to practicing Presence and the Pulse, it is highly beneficial to acknowledge the amount of force and energy it requires to really change - really and truly embody change.

We often *know* what is good for us - but why is it that so few people really, truly change?

### 3 Seconds to Being Your Higher Self - Heart of Presence

The amount of energy built up over lifetimes and past experiences is strong and a real force within you.

To 'go against' this force - to do something new, is a feat.

This is why the Buddha describes the spiritual journey to enlightenment with having counter-forces, and the Bhagavad Gita takes place in a war zone.

Granted - real change isn't easy.

So let's come to Zero.

And again, come back to zero.

And again, come back to zero.

—

From zero, continually 'resetting' our inner programming, we can create real change.

By practicing *kaizen* (as discussed in the preface), we can be compassionate and gentle with our journey.

By being Present and loving, each moment is new.

I recommend, for practical purposes, spending time getting clear on the vision of change you wish to see in yourself, and in the world.

Start with yourself, and make a plan and action that will elicit this change.

### 3 Seconds to Being Your Higher Self - Heart of Presence

Now, you likely need to incorporate some accountability - tell a friend or a loved one what you are doing and that you'd like them to 'hold a loving space' and 'hold you accountable to actually do it' - (really do this!).

When we have the Presence of another soul shining light on our goals, we are much more likely to achieve them. Otherwise, we are likely to resort back to our 'old' usual way of being. To really change, having another Presence supporting you is golden.

The Pulse will be very useful as you make changes in your life. Presence will both inspire these changes and also help you to embody them.

The Pulse will bring you back to the unbounded love available in each moment - as you navigate through difficult territory within and without.

Be Loving, Focus and Go the Distance.

This is the loving guidance of Presence.

This is what is required to change.

Your stage, attitude and actions come first. Your words, second.  
(Real change is demonstrated by a change in behavior.)

Witness. Peace. Love.

And go forth in Victory.

**The Cycle of Giving**

### 3 Seconds to Being Your Higher Self - Heart of Presence

At the heart of Presence, the truest essence of the Self - is giving.

The Self is a bestower - an energy that loves to love; that loves to give love.

When we focus our energy on giving, Presence is able to flow naturally, easily and with lightness.

When we contract and fear our limitations of 'not having enough' and need to take and get, this detours the natural flow of energy that is innately to give.

To give life. To give love. To be full and shine from there.

Notice the sun, the sun does not take. The sun gives - unconditionally and effortlessly.

Your nature is to give.

Presence gives.

Presence receives.

The ego takes.

One of the most beautiful of spiritual prayers by St. Francis of Assisi goes,

“For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life.”

As we allow the ego to 'die,' gently and lovingly, allow the ego to rest in peace

—

We are born to eternal life.

Our eternal nature, as Presence.

And that truth, that Presence is who you are.

Witness. Peace. Love.

Practice the Pulse and experience unbounded bliss of Being.

## **What will happen?**

As you practice the Pulse and Enter The Heart of Presence you will naturally radiate bliss, peace and blessings all around you.

You don't have to try. You simply awaken the spiritual sun within you.

And the spiritual sun shines bright.

It shines in all directions, naturally, automatically, and without judgement.

And as it does, your heart becomes warm, full and overflowing.

To give is to receive and your life becomes one with the Ocean of life.

The tides come in, the tides go out. The waves lap upon the shore and complete harmony flows.

As you fall deep into the Grace, you enter the Presence of God.

The Heart of the Beloved.

You Are Home At Last.

## The God That Isn't Real

When this word "God" is used - perhaps it means many different things to you.

Perhaps you grew up in a reality where a judgmental man named God sits above in the clouds waiting for you to mess up and then blasts you with lightning, plagues and misery.

For some of us, this idea of god elicits fear, guilt, and confusion.

The good news is *that* god doesn't exist, except in your mind as an idea.

The God that *does* exist can more appropriately be referred to as "Supreme Soul, The Ocean of Love, and The Ocean of Bliss."

Like you and I are souls, God too, is a soul.

We call him the Supreme Soul because he does not incarnate and stays forever blissful and pure.

This soul is neither male nor female, but an eternal Friend, a Divine Companion who, like the sun, shines Light constantly and eternally. It's up to us to stand in the light of the Spiritual Sun and sit in the Lap of Love.

He is therefore a north star for us as we travel Earth. A guiding Light - a consciousness of complete Truth and clarity that can remind us of this when we get lost.

That's all.

That's 'God.'

Your dear, sweet soul friend.

Your eternal companion.

And with one determined thought, I, the soul, can connect to this Supreme Soul, and experience great peace, power and contentment.

### **The Heart of the Divine**

The most sacred place in the Universe is inside the Heart of the Divine.

When you are here, you feel you are staring the Universe in the face and you've fallen deep into eternity, so deep nothing else even exists.

Your heart feels, "I'm inside the Heart of the Ocean of Love and the Ocean of Love is inside My Heart."

Heart inside of heart merged forever.

### **The Role of Grace.**

"Surrender is a constant process of not resisting or clinging to the moment but instead, continuously turning it over to God. The attention is thus focused on the process of letting go and not on the content of the 'what' that is being surrendered." —David Hawkins

We have to be willing to surrender everything; to give it all up for Grace to shine through.

We must become an 'empty' cup in order to be filled with the light of the Divine.

When we are attached and clinging, when there is tension, we can't focus and we aren't aware of Grace.

When we are open, detached, and humble - the extraordinary Light of our sweet friend, The Divine, is able to come in.

As David Hawkins says above, when we continuously turn each moment over to God, we are freed from worry - from questions of 'why' and 'what.'

And rather, we rest in our sweet friend's 'lap' - the energy field that is the Ocean of Love.

We allow the Divine to take care of us and we rest in living a detached, easeful life. We become conscious instruments rather than doers.

"If any worry comes - you give it to me and you stay ok," says this Ocean of Love.

## On the Divine

When you realize you are not a person - and that you are light; you are consciousness —

It is easy to connect with the One - who is light, who is consciousness.

### 3 Seconds to Being Your Higher Self - Heart of Presence

It's no longer that you are a separate person - and different species than the Divine trying to make a connection.

You are light and the Divine is light.

You are a soul and the Divine is a soul.

By nature - you are indeed One.

Not in the sense that you are 'God.'

But in the sense that God is the seed - and you are part of the tree.

By nature of your essence - you and the Divine are deeply interconnected.

The One is your Eternal Companion, your friend and the Source of Love ever available to fill you with Light.

Not because you weren't already full - because God loves you.

"All this is full. All that is full.

From fullness, fullness comes.

When fullness is taken from fullness,

Fullness still remains."

Isha Upanishad

## A Real Relationship

The commonly held belief that God is some esoteric, mysterious figure or a judgmental man with a beard in the clouds keeps people from actually experiencing the most simple and natural relationship available to them.

God is not a mystery. And God is not the Universe.

God is a soul, an energy being, just like you.

God is the Supreme Soul who is ever blissful and truthful, and most importantly, God is your friend.

With one determined thought, I, the Soul, can connect to this Loving Presence.

It's that simple.

God is like the seed of the human family - the seed of the human world tree.

This Divine Presence is the Soul who acts as your beloved friend and your guiding star.

Try this:

One of the easiest ways to communicate with the Divine is to write this Loving Being a letter.

Grab a piece of paper and a pen, and come to a quiet space where you can meditate and practice the Pulse to prepare yourself.

### 3 Seconds to Being Your Higher Self - Heart of Presence

After reading these directions —

Close your eyes, and take some deep breaths - relaxing.

Let the 'bird' of your mind discontinue it's weathering about, and go to rest on its perch.

Become the Witness - detach and expand out.

Fall into a deep space of Peace.

And open your heart to the Ocean of Love.

Now, with one determined thought -

Connect to the Source of this Love.

(There's no right or wrong way of doing this, all it takes is one determined thought and an open heart.)

Ask him any questions you'd like to - writing your letter to the Divine out on paper helps -

Dear Divine/Companion etc. (Use whatever name feels comforting to you),

— — —Your heart's share/inquiry — — —

And then - sit quietly for a moment as you become inspired with the One's response.

With pen to paper write out what this Loving Presence is telling you.

—

You may discount this idea as woo woo - and you also may discover yourself having a profound experience with great wisdom and clarity coming through.

Writing letters - through your consciousness - to this energy Being is one way of communicating with this Loving Presence. Writing helps.

Try practicing this once daily.

Or, simply practice connecting with this Presence with your mind and heart - and experience the profound Peace that comes through.

And most of all, remember that the Divine is your Eternal friend and Companion - not someone to fear. This loving Presence is the Father/Mother of all souls - and all He/She wants to do is love you.

And all God ever does is love you.

It is up to you to let it in.

When you let in the love, you align with Divine Power.

You are able to let go and release all wounds, blockages and stress.

You connect to Divine Will, which gives you the ability to attain whatever you want from life.

All of your heart's true desires are fulfilled through Divine Grace and nothing is left unknown or unseen.

## The Love That Will Not Die

*“Seek the Truth, for it is yearning to find you.”*

There is a love that never ends. One that weaves around universes and shines light and life on this planet. There is a love that encompasses all things regardless of whether or not these things are aware of it.

This love is not actually large. In fact, this Love is in the form of an infinitesimal point of light - a point smaller than we can even imagine. And a point that is more familiar to us than anything else we know.

This point is God.

You see, God is an infinite source of Love - that is accurate.

But how we have come to know this God and this Love, and the misconceptions we have placed on this Presence, has caused great sorrow.

—

Let me tell you a story.

Trees are amazing. Do you know how they grow?

From one seed.

One seed - that is all it takes to grow a large, strong, fruit-full tree.

In the same way, this Loving Presence I am telling you about, “God” - is the seed.

This is the seed we have all been spiritually born from.

What would happen if the branches, leaves and fruit lost connection with the seed? Forgot about it?

The tree would die. Sadness and Confusion would consume the whole of the Human World Tree.

Such is the state of the world today.

By remembering the seed, through practicing The Pulse - Peace, Purity and Happiness can be restored within your own heart and to our planet.

## A Beacon in the World

“All you need is already within you, only you must approach your self with reverence and love. Self-condemnation and self-distrust are grievous errors. Your constant flight from pain and search for pleasure is a sign of love you bear for your self, all I plead with you is this: make love of your self perfect. Deny yourself nothing — give your self infinity and eternity and discover that you do not need them; you are beyond.”

— Sri Nisargadatta Maharaj

“To be in the world... and not of it.”

This is the art we are presented with. To act, but with total non-attachment to the outcome.

To act freely and lovingly - and to stay in the intoxication of Presence - while moving about in the world.

This is to be in the world but not of it.

When we are able to do this - we can be a light onto the world. Light in each step.

Our mind and heart are light - without strings, or rather, boulders attached to something material and perishable.

To move about in this way is to be a great world benefactor - to be an angel.

This is what the world needs... more beacons. More light walking people. More angels.

Do you want to be an angel?

**A light to light more lights**

The truth is, there will be moments and situations that challenge you, and really put your ability to stay present, peaceful, and loving to the test.

These situations will present themselves as a war zone (on the inside) - and as pressure pushing buttons that activate an unconscious part of you and throw you out of presence.

We've all had this experience.

Next time one of these challenging moments presents itself...

Remember the Pulse -

Come back to the Heart of Presence.

Detach and Witness.

Come to peace - the peace that is always there (yes, even in these situations!)

And connect with the Source of Love.

—

It's that simple.

Come back to the Pulse -

Align the Pulse of Presence with the pulse of your beating heart.

### 3 Seconds to Being Your Higher Self - Heart of Presence

Choose your seat of power, and witness the internal or external 'war' from the perspective of the loving witness. Give your worry to God. Let go. Relax. Rest.

This will not always be easy; in fact, it often times will not.

That's why it's called a practice.

Remember the concept of *Kaizen* I told you about in the very beginning of this book?

Small and steady, consistent improvements is the way to lasting success.

So don't beat yourself up if you have a rough day and difficulty connecting to Presence.

It's ok.

Just learn from your experience and ask yourself what you can do differently next time? How can you better deal with a similar situation?

There is no such thing as failure.

Only feedback.

So take the feedback you learn from every experience and simply note how you can improve next time.

To even take this proactive approach is a celebration and victory in your soul's evolution.

....

And when you do this, you will become a Light to Light more Lights.

A Beacon of Peace and Transformation.

This is the real work - the real evolution.

I've heard it said - do not worry about saving the world, light your own lamp and the rest will follow.

## **Real Evolution**

Real Evolution is a state of consciousness. To really and truly evolve, means to align with the truth; to align with something other than the illusion and delusion of the ego mind and lower states of consciousness.

To align with Truth means to align with the Witness; to know yourself to be the Silent Presence watching - to the extent you know yourself to be a Soul, and understand your body and character to be temporary (like a costume) - to such an extent, you can see clearly. You can actually be a beacon of sanity and truth.

Now, granted, that's easier said than done. And, absolutely entirely possible for every single human being.

Because every human being is an embodied Soul.

Simple as that.

Remembering your true nature is the most natural and easy thing.

The Pulse helps bring you into this Remembrance.

Remembrance of yourself as a Soul. Remembrance of your original nature of Peace. And Remembrance of the Supreme Soul, your Eternal Companion - and the unconditional love that is ever-flowing to you.

This is the true meaning of the word 'Yoga' - to be in 'union' with The Supreme Soul.

Om Shanti (meaning, I, the Soul, am peaceful; my original nature is Peace.)

## **Ending Thoughts**

The Pulse is a practice; a tool to bring you into Presence.

To come from zero. To become the witness, rest into the depth of Peace within and unite with the Love of the Divine.

Naturally from this space, we are Present - and abundantly whole.

No opinions, judgements or unnecessary thoughts, mere Love shining its Light.

The ego goes to rest on its perch and I, the soul, am able to be Present and in the peace of my nature.

From this consciousness comes, "What can I give?"

### 3 Seconds to Being Your Higher Self - Heart of Presence

And our life becomes a continuous love affair with all that is, as we continuously give our love and gifts to the souls and elements around us.

It is in giving that we receive.

The love of the Divine shines through...

And we let it in.

—

May you always rest in the Heart of Presence.

In this is freedom.

Om Shanti.

Arielle Hecht, 2013

## Gratitude

I would like to thank Michael Mackintosh. Without your loving attention, insight, and contribution, this book would not be what it is - thank you for grounding in the light.

I would also like to thank David Collins for your humble and loving editing. You are a light in my life and I am forever grateful for your simple wisdom.

Thank you to my mother, Rochelle, father, Dan and twin brother, Andrew. You have always supported me and trusted me 'following my inner knowing,' thank you. You are precious lights. And an extra blessing to you, Mom, for your loving editing and discovering that this book can be read from front to back, or back to front. Symbolic of the endless cycle of all Life.

Thank you to Dr. David Hawkins, Ramana Maharishi, Anthony De Mello and Sri Nisargadatta Maharaj - your quotes and wisdom have truly enriched this book. Your spiritual teachings are timeless.

Most of all, thank you to my Eternal Companion. For this book is truly written by you. I, but an instrument for your knowledge and love.

And thank you, dear reader. For it is your own heart's calling that inspired and manifested this book. To you I say Namaste.

## A Few Gifts For You ...

Click this link to receive your Free Bonus Meditations:

(And to stay in touch with Arielle ♥)

<http://awakenedacademy.com/3-seconds-to-higher-self>

PLUS - you will receive free access to the Spiritual Powers of the Soul series, to be in touch with your true powers. And, you will receive access to the free Ascension Toolkit from Michael Mackintosh, who contributed to this book (a very powerful series of audios, videos and guided meditations) - I highly recommend all of these gifts.

If you'd like to connect with Arielle personally for a life-changing experience in the realm of the miraculous, you can sign up for an "Out of Your Box Experience" while space is still available.

<http://awakenedacademy.com/joy/>

May you always rest in the peace and stillness of your true nature (even whilst acting, thinking and creating in the world). May you find the quiet space behind your thoughts and feelings, and remain content as an amused observer of life, ever peaceful and always receiving the intoxicating love of Source. Always know that you are loved, deeply.

## About the Author



Arielle Hecht is an author, instrument for spiritual teaching, and co-founder of Awakened Academy.

Arielle helps you to find your authentic spirituality.

She is most inspired and dedicated to encouraging our human family to awaken spiritually, serve graciously and love unconditionally. Arielle believes this is an important time in the world cycle of life and that practicing 'The Pulse' will provide you with the peace of mind, ease of heart, and constant flow of support needed in these changing and evolving times.

May you always rest in the Heart of Presence.

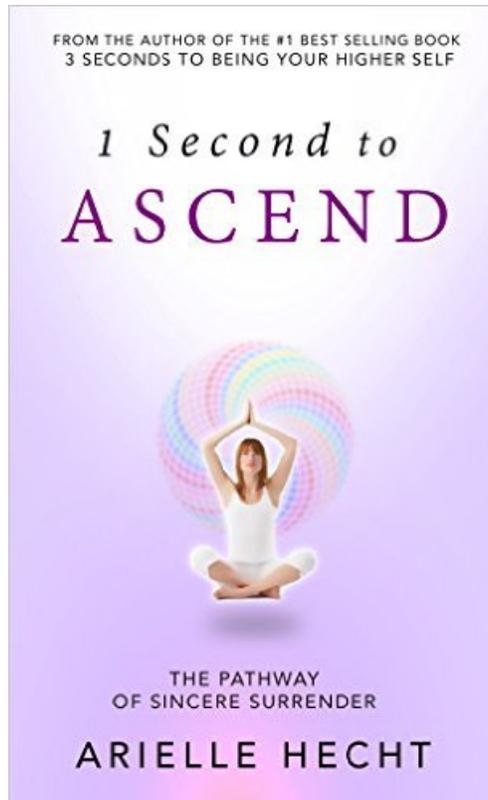
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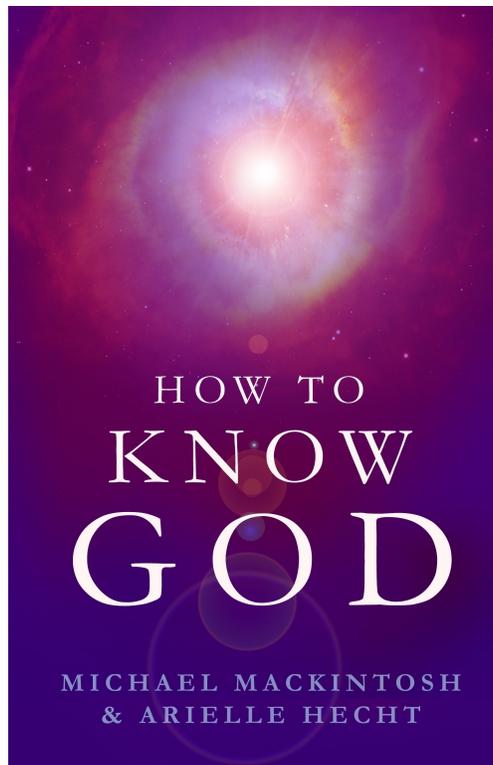
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**Thank you for reading 3 Seconds to Being Your Higher Self: The Heart of Presence.**

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