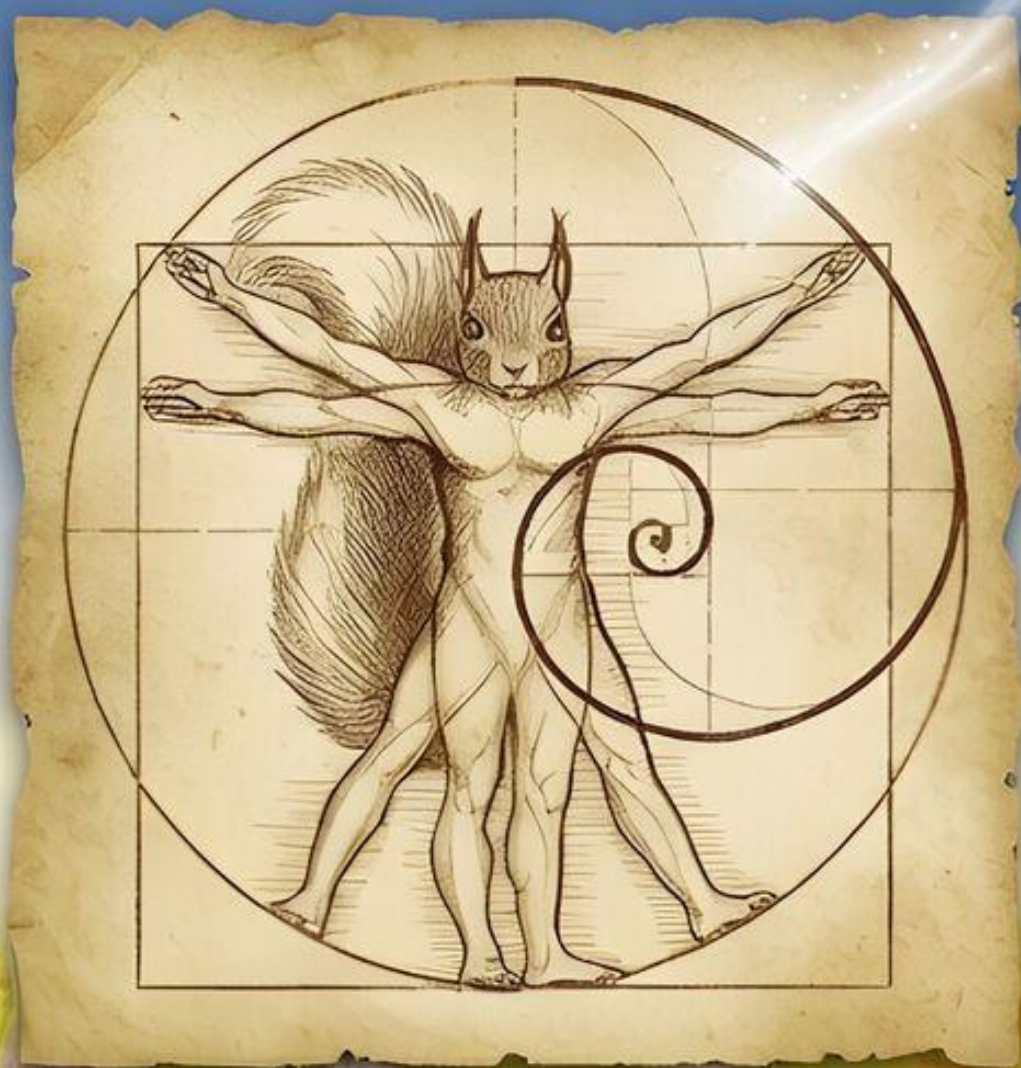


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NATALIA KORZHEVSKAYA

REVELATION

The Lifelong Journey
to Your True Self



Natalia Korzhevskaya

**Revelation. The lifelong
journey to your true self**

«Издательские решения»

Korzhevskaya N.

Revelation. The lifelong journey to your true self /
N. Korzhevskaya — «Издательские решения»,

«Revelation» is a living manifesto that translates the complex laws of the Universe into a clear, practical algorithm for daily life. Why is illness a direct dialogue between the Soul and the body? What is the secret of freedom behind the «door that opens inward»? This book is your ultimate navigation system from survival to conscious creation. It is time to stop surviving and start living — the choice is yours.

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Revelation

The lifelong journey to your true self

Natalia Korzhevskaya

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Introduction.

The Point of No Return: Choosing Yourself

What you hold in your hands is more than just a book. It is a living, manifesting manifesto. It is a book born of the Flow — the quintessence of fundamental meanings, unpacked and channeled by me for You. It is the complex made simple, and the essential made brief, drawing upon my lived experience, knowledge, and wisdom to reveal the core truth of the Flow.

This is a book about You, about life, and about your true Essence that dwells within everyone. It has been written for the exact moment you need it most — Now.

In a world currently bursting at the seams from inevitable change, only one thing remains effective: the Power of Spirit and Knowledge, wrapped in gentle wisdom. It strikes with precision, ensuring the message cannot go unheard.

We are living in a unique time — the era of the Planetary Transition. It is unfolding now, nearing its point of catharsis and the subsequent stage of stabilization.

This is an evolutionary process, as natural as the turning of the seasons: an energetic shift from the Era of Survival to the Era of Love and Creation. Throughout this text, for the sake of brevity and precision, we will use the markers 3D and 5D. These are not clichés or labels; they are coordinate systems representing the Era of Survival and the Era of Creation. Let us decode their true essence.

The 3D Level — The Era of Survival (Fading Away). This is not a “bad” place; it is the “old school.” Here, human consciousness is focused outward. It is a world where “I am my body, my status, my possessions.” This is the “sleeping” mode, where the primary driving force is Fear. Fear of scarcity — lack of resources, time, or love. Its core mechanism is competition and division, governed by the slogan: “For me to win, someone else must lose.”

It is life in “radar mode,” constantly scanning the environment for threats and opportunities. This is “survival,” sometimes of a high standard, yet success is still measured by the validation of others.

The 5D Level — The Era of Love and Creation (Emerging). This is a profound shift of focus inward. It is the realization that the external world is merely a projection of one’s internal state. This is the “awakened” mode.

This is preceded by the “Awakening” phase (4D). The driving force in 5D is Love, as the quantum energy of creation. This is not some “syrupy sentimentality,” but a formidable power that builds worlds. Here is the mechanics of the process: Unity. Instead of division and fighting for a piece of the pie — you begin to create that pie for yourself through your state of being.

In this realm, your state of being is defined by inner maturity and personal responsibility. Here, the weight of “must” dissolves, and the true “I choose” is born. This is Abundance, generated from your own inner Light.

Love! — Not that which people merely call a feeling,

Where butterflies within the stomach play.

Not that of which the bards through ages sing,

Or what every home on Earth dreams of today.

But that Love which governs all existence,

Which dwells in everything and lives in you!

The only truth: unconditional and vast,

It resides in every heart, and all around us, too.

Love! — As power, light, and energy,

The force that manifests and brings to life!

Love! — Racing through veins, and far past my bounds,

A source in the heart with its sweet, gentle sounds.

Love! — Such a harmony, sweet and profound,

Dare to embrace it, where blessings abound!

It has the power to heal every doubt,

No fading it knows, and no turning about!

Love! — A great gift, with its sovereign might,

Shall reign here forever by the Creator's light!

The Transition is not about esotericism or magic; it is about physics. In this reality, the Earth and human beings are, first and foremost, electromagnetic systems. Our planet has a pulse — the Schumann Resonance. For ages, it remained stable at 7.83 Hz, perfectly synchronizing with our

brainwaves. This allowed humanity to “sleep” in unison with the planet. But for a significant time now, Earth’s pulse has been surging. This is no longer a gentle caress whispering, “Wake up, sunshine!” — it is an icy shower of skyrocketing vibrations.

The planet is awakening, shifting to higher frequencies, and compelling us to awaken and raise our own vibrations. A human being is an antenna, a vessel of energy, and our biofield (the etheric body) is a tangible transmitter. It recharges from the Planet while we sleep and walk; it is through this system that we tune into the Earth’s vibrations.

If we continue to vibrate at low-vibrational frequencies (3D basic vibrations) of fear and resentment, a frequency conflict arises between the internal and the external. It is like hitching an old bicycle to a high-speed express train — the two-wheeled frame simply cannot withstand the strain. In our daily lives, this transition manifests through physical disruptions: blood pressure spikes, nausea, dizziness, unexplained fatigue, or insomnia.

It manifests through an emotional roller coaster: ingrained grievances resurface, and what was once considered the “normal” way of life crumbles. The planet’s high frequency is literally “shaking out” low-frequency debris from within us. We simply cannot carry the baggage of our fears and hardwired behavioral programs into this world of high speeds. The Transition is also reflected in the informational noise: it feels as though the world has gone mad.

In reality, the old scenery is simply crumbling, reaching its catharsis as it fails to withstand the pressure of high frequencies. Time itself feels as though it is accelerating within our perception of reality. The Transition is felt in every facet of our lives, and no sphere will remain untouched.

In this rapid torrent of change, it becomes vital to remember your true Spirituality — to find your connection with the Source, beyond all dogmas and limitations.

This is the only way to come home to yourself and your true essence; the only way to raise your vibrational frequency as demanded by the Transition, while maintaining a perfect balance with your material life. The Transition is not for a “chosen few,” nor is it about division. In this world, there are no “special” or “anointed” individuals set apart from the rest.

We all possess the same “factory settings,” an equal right to awaken our true Essence, yet we are all at different stages of our conscious evolution. This is the individuality of each soul. Each of us also has a unique mission, one that is always commensurate with our current level of spiritual development. For some, the primary task today is simply to begin feeling their Essence — to distinguish it from the imposed noise of the Mind.

For others, the calling is to carry their discovered truths and knowledge forward. Every mission, no matter how “small” or “grand” it may appear from the outside, always serves the greater good — both for you and for the world at large. The complexity of your mission depends solely on the evolutionary path you have already traversed and the priorities your Soul has chosen for this incarnation. This is a journey of evolution that every one of us will eventually undertake.

Spirituality and states of superconsciousness are not some mystical gift; they are a muscle. A muscle that you must first remember, then discover within yourself, and ultimately, consciously train. And as this muscle grows strong, the states of consciousness that seem like “magic” or something supernatural today will become as natural to you as the very act of breathing.

This book is not about my success; it is about your opportunity to recognize this power within yourself and begin honing it. The scale of my life is merely proof that it works — provided you choose to step out of your habitual programs, realizing that you are infinitely more than just your mind and your body.

My Point of No Return

My Soul chose an honest path: the path of growth through the conscious dismantling of old structures. My tempering began in the small Siberian town where I was born. Where others saw only the harshness of survival, I unconsciously chose the strength of justice and wisdom. I grew up early, but it was this that became the bedrock of my Spirit.

For a long time, I lived within the illusion of an endless “tomorrow,” lost in a cycle of schedules, plans, and targets. I built a career that many only dream of: three higher degrees and executive leadership over a workforce of more than 10,000 employees across five continents. My journey took me through business and personal travels to 50 countries — from the Great Wall of China to the mines of Africa, and from the jungles of Guyana to the skyscrapers of New York.

I was an Atlas in the body of a petite woman: the looks of a Bambi, but the temperament of a track-laying foreman. I was the rescuer, the motivator, the ultimate fixer for everyone — from laborers to board chairmen. I lived by the motto: ‘See the goal, ignore the obstacles!’ I always recognized the essence of people, spotting a potential that others missed, and I helped them soar. Yet, I was also the one who ruthlessly dismantled the false constructs of the ego whenever they stood in the way of the truth.

I have skillfully and passionately transformed — and continue to transform — people, processes, and businesses. I achieved every goal I set for myself back then, acquiring all the trappings of “successful success.” It was a magnificent chapter of my journey, yet as I moved forward, a ringing silence began to grow within me.

This was not a deficit; it was the creation of space for a new scale of being. My old meanings became as cramped as children’s clothes that one has long outgrown, and I began to dig deeper.

My point of no return happened one night: a simple trip for a glass of water, a sudden double faint onto the tiled floor, a shattered head, an ambulance... As I regained consciousness, a realization hit me: “tomorrow” might never come. This occurred during the sixth year of my profound transformation — a journey of seeking answers, acquiring new knowledge, and spiritual growth. After every stage, I would think to myself: “Well done! I’ve made it. Now I finally understand everything.” And right then, the Universe would whisper: “Oh, my dear. You understand everything, do you? Really? Now, dive even deeper!”

During this period of profound inner work, I endured a total erasure of meaning and a paralysis of will, as my physical body rebelled against old goals and the endless cycle of “musts” and “shoulds.” It was the moment I encountered my Shadow, and I discovered a secret: a suppressed shadow, once embraced, transforms into one’s most potent strength. I “took off the shoes” of my achievements and statuses — stripping away the social roles and defenses that had kept me from feeling the living warmth and the pulse of the Earth beneath my feet.

When we are barefoot, we are vulnerable, but it is precisely within this vulnerability that we find our true power and our Essence. The illusion of life as a mere “struggle for survival,” the rigid behavioral patterns, and the hollow race for achievement for achievement’s sake — all of it crumbled and shattered into a thousand shards. The door to the Past slammed shut, leaving behind only invaluable experience and my profound gratitude for everything and everyone that had been.

Nine years have passed since I embarked on the path of my profound transformation. I have come to realize that this Path has no end. Once you have traveled the road to your True Self and remembered your true Essence, you transition to a different level, evolving within a new quality of being.

This is the infinite path of evolution. This is living, not surviving. And it is magnificent. No, I did not abandon everything or retreat to Tibet to chant mantras in the lotus position, lamenting the futility of existence. Of course not. Those called to such a life are born to it, fulfilling their own missions — and they are exactly where they need to be. As for me, I continue my journey, harmoniously balancing the Spiritual and the Material in my reborn state.

And so, I am writing this book for you. Not because I suddenly decided to become a writer, but because it is my natural response to the Gift I have received. I am passing this book into your hands. The poetic codes woven into these chapters are not merely philosophical poetry; they are a direct transmission — a live broadcast, a pure flow. They were not composed by me; they were recorded in a matter of minutes so that you might breathe them in, finding both healing and clarity at the same time.

The numbers do not matter to me — I know that those whose time has come to open this book will find it. If the world takes on new colors for even just one person who takes their first step on the Path toward their True Self, then my Gift is fulfilled. Quality will always outweigh quantity.

I see you, and I feel you. I see your pain, your fears, and the heavy armor of your defenses and ego masks. But beyond all that, I also see something much greater — your true Essence, your unique light. I see it in each and every one of you. This book is a reminder of the truth of who you are, an unfolding of everything that fills your life and your being. It is here so that you may finally begin to truly live from Love, rather than merely survive out of Fear, spinning in the relentless cycle of yesterday, today, and tomorrow.

Are you certain you'll wake up when tomorrow appears?

No, you are not — there is only a hope.

Then why do you tremble, consumed by your fears,

And drown in illusions, lost in the dark?

You exist not in “then,” nor in “what is to be”,

You only have “Now” and the “Self” at your core.

Your thoughts are the cages that won't let you free,

Multiplying the stress till you're broken and sore.

Fill up your soul with a trust in the Divine,

In your own Essence, in the power you sway.

Let your unique talents and brilliance align

To pave you a bedrock for every new day.

Think with such hope, with such love and such faith,

And let every action be born of this beam.

You came to this world not to suffer as a wraith,

But to Live! So go forth — love, create, and dream!

Oh, and one more thing. Many of you reading this are likely filled with skepticism. That's perfectly normal. Skepticism is the sign of a vibrant, living mind. However, simply because you do not know something — or do not remember it — does not mean it does not exist. So, let's agree right here at the start: let's define what this book is, and what it is NOT.

- You will find no “spiritual fast food” here, nor any convoluted theories borrowed from metaphysics, psychology, philosophy, or religious doctrines. Instead, you will find the Essence — a truth that vibrates within your very cells.

- I do not promise the fulfillment of every wish, nor quick life hacks to transform your reality overnight. I offer no sudden wealth through “cheap magic” or shortcuts. The Path to your True Self is not about bending reality to satisfy your cravings. It is not about pulling you out of one illusion only to plunge you into another. It is about reclaiming your power by shattering the familiar. It is your work — with yourself, on yourself, and for yourself. Every single day. It is about training your being and building the muscles of your Spirit.

It requires effort. Because everything has a price — and I am not talking about money; it is never about money — it is about the focus of your attention. Attention is the only currency that matters in mastering your life and your Spirit. And yes, Light must be strong, not a spineless weakness hidden behind a veil of “holiness.” Light is “goodness with fists,” capable of defending its boundaries out of a profound Compassion for oneself. It is the courage to go where you never thought to look: not outward, but inward. The path to your True Self does not lead through a door that you can kick open to the outside; it always opens only from within.

- There will be no false asceticism here. I love the Divine, and I love comfort. Spirituality is the mastery of the material world from a state of Abundance; it is the harmony of perfect balance, not a flight from reality into “pink clouds” of fantasy.

No lectures. Socrates famously said, “I know only that I know nothing.” This is the true paradox of wisdom. I am an eternal student of the Universe. I do not come to teach you — I am here to help you remember Who You Are.

All knowledge on Earth is merely a fragment of the vast puzzle of Truth. No single person on this planet possesses the full picture, for we all gaze upon the “Ocean of Truth” through our own small window — shaped by our perception, our level of evolution, our knowledge, and our inner essence. Some see a storm, some see a calm stillness, and others see only the glint of the sun. Some have drawn closer to the truth, others closer still, while some remain frozen in delusion.

To attempt to comprehend or measure Infinity with the limitations of the human brain is impossible. It is “beyond understanding”—and this is not an admission of weakness, but an acknowledgment of Scale. The moment someone claims, “I know everything,” they fall into the trap of spiritual snobbery.

I do not ask you to believe me. I invite you to test this for yourself. Read, and listen to your inner resonance — for the heart always vibrates in response to the truth.

It is time to take off your shoes and walk toward your Self with barefoot steps. This is the journey. Are you ready? Let's go!

I will shine, I will blaze with a radiant light,

To pierce through the shadows and guide you aright!

There's no need for fear, and no need for the lie,

While in “stagnant stability” soul starts to die.

I see every essence, the depths of your core,

Your fears and your pains — it matters no more!

I'll strip back the programs your mind has designed,

And walk to the end, where our fates are entwined.

I will do this because it is mine to fulfill,

The choice of my soul and the strength of my will.

The Love in my heart is the flame and the key,

I am part of you, as you are of me.

#

Chapter 1.

The Architecture of the Universe: From the Creator's Autograph to the Helm of Your Destiny

The entire Universe is founded upon and governed by the laws of the energy of Love. This is not merely a lofty concept — it is the physics of the highest vibrations, pure Light, and the energy of absolute power. It is the Creator Himself, dwelling in the eternal and infinite “Now.” Or, as the philosopher Spinoza eloquently put it: “God is not a ‘He’ who exists, but ‘That’ which is.”

Within our Universe, our planet is not a random clump of matter, but the creation of a Grand Architect, fashioned with mathematical precision and elegance, where every millimeter of reality bears the Creator's signature. Look into the swirling spiral of a galaxy, the curve of a seashell on the shore, the geometric bloom of a flower, or the code of our DNA — sacred geometry is woven into the very fabric of it all. This is not the result of “blind evolution,” nor a series of accidents (for accidents do not exist). It is a flawless calculation — the energy of Love rendered into form.

But what is the Divine plan?

The world was created for us as the ultimate proving ground for the evolution of our Souls. The defining feature of this created space is Duality, amplified by the Law of Relativity and the linearity of time.

Earth is a unique simulator of contrasts, designed for the expansion of our consciousness. We cannot truly know Light without an understanding of Shadow, nor Abundance without the experience of Scarcity. Duality is one of the most vital pillars of the universe. To grasp how the entire mechanism operates, we must look into the very foundation of Universal Mechanics — the Law of the Trinity.

Everything in the Universe, from infinite galaxies to the smallest mundane tasks, is governed by a single rhythm — the Law of the Trinity. This is far more than a religious concept; it is the fundamental blueprint of reality. Once you understand how these three forces interact, you cease to be a spectator and become an Architect.

We are accustomed to encountering the Trinity in its various forms:

- In Religion: The Father, the Son, and the Holy Spirit;
- In Metaphysics: The Creator, the Manifested, and the Binding Force;
- In the Human Being: Spirit, Mind, and Body (or Superconsciousness, Consciousness, and Subconsciousness).

But how exactly does this blueprint breathe life into matter? For an impulse to condense into a tangible object, it must travel through three stages:

1. The Father (Spirit) — The Spark. Pure thought, will, and the primal desire to create. This is the entry point of energy into our world.

2. The Son (Mind) — The Mediator. Without the Son, the spark would simply extinguish. This is the realm of Energy and Magnetism. The Mind captures the impulse of the Spirit, saturating it with meaning, strategy, and logic. It is the force that binds atoms together, giving shape to thought. This is the “gestation” of an idea, where intention is forged into the energy of action.

3. The Holy Spirit (The Body) — The Culmination. Materialization. The manifested result of your will within the physical realm. It is Action itself and its tangible fruit. When the Spirit wills, and the Mind focuses — the Body manifests it into matter.

The process is impossible without this triad: without Will (the Father), there is no beginning; without Mind (the Son), there is no form; and without Body (the Holy Spirit), there is no Life itself in its physical embodiment.

To move this principle from theory into reality, look at the most fundamental miracle of human creation: the birth of a child. It all begins with the Impulse (Father/Spirit) — an invisible desire, the primal will to propagate life. This impulse then moves into the stage of Gestation (Son/Mind) — a process unseen by the eye, yet immensely powerful, where energy is channeled into formation and the structural building of a body. Finally, Birth occurs (Holy Spirit/Body) — the emergence of a living, tangible being into the material world.

Everything you can see or touch follows this identical pattern: from the coffee cup in your hand to skyscrapers and entire empires. First comes pure will — the impulse; then, the invisible labor of thought-energy; and only then does solid matter emerge.

You are far more than the physical body with which most people so strongly identify. You are structured like a Matryoshka doll, where your physical body is merely the smallest visible figure — the “little one”—nested within your subtle bodies (the etheric, astral, and mental).

Your Mind is the vital connecting link. If the Mind is not attuned to the impulse of the Spirit, it defaults to serving only the needs of the Body and its basic survival instincts. When this happens, your Trinity fractures. It becomes like a team of animals pulling in opposite directions: the Spirit yearns to soar, the Mind retreats in doubt, and the Body drags you back into the familiar, stagnant swamp of everyday life. Your reality freezes, turning into a perpetual “Groundhog Day,” all because your Matryoshka is not aligned as a single whole.

The Soul is not something you “have.” It is who you are. It is a pure particle of Divine Consciousness — a spark of that very energy of Unconditional Love, which is the only thing that truly is.

Imagine the One Ocean of Divine Consciousness — God — deciding to know Himself through myriads of individual drops. This is how we, the Souls, came into being. Each Soul embarks on its own journey into matter, to Earth, to continue its evolution through the vessel of unique experience: through density and the senses, and through the dance of interaction with others.

The Soul is a particle of Divine Consciousness, the energy of Love.

Every Soul possesses a unique “signature” — an individual spectrum of vibrations and frequencies accumulated across all incarnations. This is your authentic cosmic passport, which you present to the Universe with every choice you make; it is your ultimate identification in the vastness of space.

No, you are not a faceless cog!

No, you are not just flesh and bone!

Your essence holds the spark of God,

The brightest Light you’ve ever known!

It is not in the church or sky,

It's everywhere, in everything,

In every single heart and cry,

A burning fire that makes us sing!

For years we run and turn away

From our divine and highest might,

By world and crowds we're led astray,

We gallop blindly into night.

But comes the day we finally see,

With all illusions cast aside:

We are the Maker's progeny,

And walk as children of the Light!

Deep in our hearts, we find the trace

Of that eternal, blinding sun.

By changing choices we embrace,

The healing process has begun.

We steer the helm of destiny,

Accepting all that comes to live,

And filled with Love, completely free,

We take the best life has to give.

#

What, then, is the sacred significance of the duality on our planet for our Souls? Let us remember: God is Love — and that is the only true reality. But how can Pure Light come to know its own essence without a point of comparison? How can one understand the nature of heat without ever experiencing the cold? How can one truly value sweetness without having tasted the bitterness?

In and of itself, the Soul is immortal and all-knowing — a fragment of Divine Consciousness. Yet, it is pure information. On its own, it cannot experience the actual flavor of life without the senses and a physical body. It requires incarnation to feel the bite of a frosty morning on the skin, or the way the physical heart constricts at a piercing line of poetry.

This is where the most profound alchemy occurs:

- The Soul is pure information, potential, and Divine intent.
- The Body is the only instrument capable of transmuting that potential into Experience.

This is the very essence of incarnation. On Earth, through us — as we navigate the immense diversity of contrasting experiences — God comes to know Himself through our unique journeys. Just as pilots hone their skills in flight simulators, our Souls descend to Earth to master the art of living.

The Creator established the “purity of the experiment” in the quest for knowledge by dividing reality into the poles of Duality. To balance the only thing that Is — the energy of Love — He introduced the energy of Fear and low vibrations. This was not an act of punishment, but a necessity to create contrast. Resentment, anger, scarcity, and other low-frequency emotions are merely tools that grant us the capacity to compare.

Only by moving through them can we realize the true value of our essence: Love, in all its manifestations. Until you encounter that which you are not, it is impossible to know who you truly are. This is the fundamental Law of Opposite sin action.

The second component of the “Purity of the Experiment” is our Freedom of Choice. The Creator has endowed us with the greatest gift — Free Will — and the primary tool for its realization: Thought. This is our main lever for steering reality.

The future is a landscape of endless possibilities; it is never predetermined until you make your choice — a choice we make every single day, in every passing moment. The instant a Choice is made, all alternative timelines collapse into a single path that corresponds to your decision.

Every single time.

Moreover, the Universe never acts as a punishing judge. It remains a neutral observer that always responds with: “Yes! If this is the experience you seek — then live it.”

To understand this absence of judgment, think of a child. Out of pure curiosity, he decides to put a pot on his head and... gets stuck. He hasn't become “bad” — he simply made a choice, performed an action, and as a result, he is discovering the physical limits of matter and the acoustics

inside the metal. He is gaining Experience. Based on this experience, he will coordinate his future actions: whether to repeat the trick or never return to it again.

The same holds true when a child takes his first steps. When he falls, do his parents react in anger? Do they scream at him for lacking balance? No, they watch him with tenderness, knowing that without these stumbles, he will never learn to find his footing or master his balance.

The Creator views our choices to “fall” into negativity, resentment, or scarcity with that same parental tenderness. To Him, these are not sins or mistakes; they are the process of Expanding Consciousness. Your freedom of choice is absolute — always.

The only question is: what experience do you choose to embody today? The constriction of a pot on your head, or the joy of a confident stride? Will you walk toward Truth or toward delusion? With the choice comes the experience, and with the experience come the consequences.

Yes, the choice of experience is always yours. But for that choice to be a conscious one — rather than one dictated by the fear of a “pot on your head” — it is essential to unravel the central concept: Love.

The commandment “*Love your neighbor as yourself*” (Matt. 22:39) is the most distorted phrase in human history in terms of its true meaning. Many interpret it as a mandate for “being good,” for convenience, or for self-sacrifice. But the authentic meaning is far deeper: it all begins with you.

Self-love is neither selfishness nor vanity. It is a fundamental safety protocol and a matter of spiritual hygiene. You cannot pour water from an empty vessel. If you are operating from a state of scarcity — if there is a void inside you where a foundation should be — then you have nothing to offer another except your own need and expectation. Without loving yourself — without first embracing the Creator’s spark within — you will be physically incapable of recognizing that same light in anyone else.

This commandment conceals yet another layer of depth: We are all One. We are individual cells within a single, magnificent “Organism.” Therefore, loving oneself is the most natural and essential way to love the entire Universe.

It is vital, however, to distinguish Healthy Self-Love (Wholeness) from Narcissism (Deficiency).

Feature	Healthy Self-Love (Wholeness)	Narcissism (Deficiency)
Source	Inner light and self-reliance. You are enough for yourself.	Seeking external approval and admiration.
Attitude Toward Others	"I am valuable, and you are valuable." Cooperation.	"I am valuable, and you are a resource or an audience." Competition.
Boundaries	A calm "no," without guilt or aggression.	Suppressing others or emotional outbursts (hysteria).
Reaction to Criticism	Searching for a grain of truth for personal growth.	A blow to vanity; rage or resentment.
Internal State	Quiet joy, tranquility, an abundance of energy.	Constant comparison: "Who is better?"

Comparison Table: Healthy Self-Love vs. Narcissism

Healthy self-love is always quiet. It requires no podium, no constant proof, and no belittling of others to affirm its own greatness. For such love, the simple fact of Being is enough.

Narcissism, by contrast, is perpetually “hungry.” It demands an audience, external trappings, and incessant validation at the expense of everyone around it. It is inherently dependent because it is hollow at its core.

Love yourself truly — from a place of Abundance, not from a place of Need. Only then do you become true Co-creators with the Divine.

We have explored Free Will and the nature of Choice; we understand that every experience is simply an experience. But what, then, is the essence of the consequences that follow? Let us examine the mechanism of the Creator’s impeccable honesty and justice. Let us look at what Karma truly is.

Karma is neither a sword of punishment nor a curse haunting you from the past. It is simply a set of active life tasks that will continue to manifest in your reality until they are resolved.

Imagine a flawless navigator: if you stray from the route, it does not scold you, appeal to your conscience, or issue a fine. It simply announces: “Route recalculated.” And it will recalculate again and again, offering you the shortest path to your destination — to your True Essence — every single time.

Let us look at some examples of these karmic tasks:

- Self-Love and Self-Respect.

This lesson is activated the moment you voluntarily assume the role of the “victim.” Resentment, self-deprecation, and chronic self-doubt are the system’s alerts, signaling that you have disconnected from your Inner Source.

- Balance and Inner Foundation.

If you seek joy only in external stimuli, live in constant anticipation of the future, or become tethered to the opinions of others — the Navigator will pivot you back to the “here and now.” It will keep returning you to this point until you master the art of being happy without external justification.

- Self-Sufficiency.

This is vital for those accustomed to “rescuing” others at their own expense. If you find yourself being constantly exploited, and your empathy has devolved into self-sacrifice — it is a clear signal. It is time to prioritize your own authentic “wants” over the relentless “shoulds” of the world around you.

- Trust and Responsibility.

If the world feels profoundly unfair, and you find yourself haunted by a trail of betrayals and deceptions — this is your invitation. Stop asking “Why me?” and have the courage to ask: “What is the purpose of this experience for me?”

Karma has another fundamental tool— the **Law of Cause and Effect**.

It is the perfect mechanism for self-discovery. The Universe is a vast mirror, reflecting your own echoes back to you — your actions, your emotions, and your resonance. In this process, there is no anger from the Creator; there is only His impeccable honesty.

What goes around comes around. What you radiate is what you receive.

To strike, betray, or belittle another is to strike, betray, or belittle yourself — for we are One. Conversely, to radiate Love and Light is to attract even more Love from the vastness of the Universe.

Karma is a school of wisdom, where every “bad” scenario is merely a signpost guiding you back home — to yourself, and to your Essence, which is Love. Yes, solving karmic puzzles can be painful at times. But there is no growth or evolution without pain, whether it be physical or spiritual.#

And as you greet each coming day —

Let gratitude be your eternal guide!

For life is not a given, but a sacred gift,

A miracle of Being, flowing deep and wide.

What form this day will take, what path it shows,

Is yours — and yours alone — to now decide.

For you are free to choose your way once more;

Through every thought and act, the currents glide.

Will you release the shadows of the past,

The anger, grief, and clouds of deep unrest?

Will you embrace your worth, the truth at last —

That you're the soul you should cherish best?

Will you ignite your day with inner light?

For days turn into years, and years to life.

Return yourself to this, the present flight,

Step boldly into “Now,” beyond the strife!

Within you dwells a will so vast,

A spirit mind can never bind.

So sip your tea, forget the past,

Inhale the dawn, leave doubts behind.

Choose once again to rise and grow —

The day that’s gone will not return,

Tomorrow’s dawn we cannot know.

Let gratitude be how you learn.

Greet every morning as a brand-new start!

All wounds that once were felt, all ancient pain,

Were sent to forge the greatness of your heart,

To teach you how to rise and shine again.

Walk through the trials, keep your lamp aglow,

Let not the essence of your soul be spent.

With faith and love, let all your power flow,

Until the world reflects your high intent.

Give thanks for every joy and every trial,

For blessings and for lessons on the way.

And with a heart that's pure and free of guile,

Let noble deeds illuminate your day.

The rush of time is swift, a fleeting stream,

So cease the chase and let this truth take root:

Whatever you can hold within a dream,

Is destined to become your living fruit!

Okay, but if we are creators and the universe is woven from Love, why does reality for most people feel like a grueling struggle for survival? Why is it an endless battle against circumstances and a constant climb over obstacles?

The truth is, we live under the immense psychological pressure of our external environment. Each of us is weighed down by the “gravity” of the Collective Unconscious — centuries of accumulated layers of fear, scarcity, and pain, gathered by billions of people throughout a protracted Era of Survival.

This energy is invisible, yet incredibly dense — much like the crushing weight of water kilometers deep in the ocean. It literally pulls us toward the bottom, toward the familiar and “safe” scripts where “life is a struggle” and “wealth can only be earned through grueling toil.”

Конец ознакомительного фрагмента.

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