

Energy Evolution and the “Let Go to Let In” Technique

*The Alchemy of Heart Consciousness, and Graceful
Manifestation, for the New Age of Enlightenment.*

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INTRODUCTION

What is the secret of lasting happiness? What's the cause of all human suffering? Why is the human design so flawed, that it would allow for so much corruption and malfunction within our species? These questions perhaps, have been some of the greatest philosophical and psychological puzzles of our existence. Regardless of how much the hierarchal institutions of religion, government and family, have tried to restrict our actions and control our behavior, still a large percentage of humans continue to senselessly suffer or cause suffering.

As an energy healer, and an enlightenment trainee, I endured many years of struggle in my relentless quest for the understanding of the causes and the cures of the most common human sufferings, until I came to understand the true nature of an un-tamed (Ego*-dominated / Unconscious) mind, and the role that it can play in the individual and the mass creation of all that is physically and emotionally undesirable and compromising within the human experience.

*Sigmund Freud (psycho-analyst, 1923) saw the psyche (personality, ego) structure as having three parts:

- a) The **"Id"** (the instinctual self), b) The **"Ego"** (the organizer between Id and super-ego)
- c) The **"super-ego"** (above I, moral self, modified by the direct influence of the external world)

That's when I discovered, that the disruptive nature of one's un-tamed mind, can only be countered and redeemed, in the freedom-flow and the presence of one's fully conscious mind. And to make room for such pure and powerful awareness, we must learn to let go of the negative effects of our egoic and un-conscious limitations.

However, as I set out to release the negative effects of my unbridled mind, every step that I took, made it more and more clear, that the first and foremost interest of an egoic mind is to avoid change and remain the same at any cost. So, rather than assisting me in this process, my mind resisted my every effort.

That's when I decided to search for more clues in theoretic psychodynamic and philosophy. My take on what I had previously read and understood from psychodynamic theory was that the mind has more than just one level of awareness. One level is the conscious mind awareness, and the other is the unconscious* mind awareness. Later, my spiritual and personal revelations on the subject, brought me to the understanding that, at least 80% of human awareness (as in will and purpose) is controlled by our unconscious mind, which in my personal understanding, is comprised of the influences of the Ego-mind (the "Id" and "Super-Ego"), our genetic blueprint, and the childhood programings of the Subconscious* mind.

****The unconscious mind** - Is the largest and the deepest layer of the critical thought function and awareness, that acts as an organizer Of information, perception and manifestation for all the layers of the mind awareness, such as the Subconscious mind, the conscious mind, and the ego mind.*

****The Subconscious mind** - Because there is a limit to the amount of information that can be perceived, processed and held in the conscious mind, the sub-conscious mind acts as a storage facility that dutifully records and files away all our childhood experiences for the purpose of creating a template of perception and manifestation for the conscious mind to follow, in the adult years.*

I had also learned that the subconscious mind, as powerful a tool as it is, has no will or purpose of its own. Rather, it is a repository of emotional and environmental experiences that are gathered by our senses after passing through the filter of perception provided by our “Unconscious Drive” (Psychoanalytic theory suggest that the Unconscious mind has a will and purpose of its own, and they call this phenomena the “Unconscious Drive”.)

Subsequently, the subconscious programing provides our conscious minds with a custom-made point of reference and perception that directs, influences, and conditions our thoughts, our feelings, our motivations, our desires, and our behavioral choices to the degree that would ultimately define and create our reality. That’s how our so-called “conscious” minds, unconsciously plan our next move, either based on a potentially painful past, or, simply from levels that are beyond and beneath our conscious awareness and control.

This newfound knowledge reminded me of the ancient wisdom, which testifies that within all of us, lays dormant and ignored, an empowering source of creativity and connectivity, that once activated, holds the key in manifesting all the conscious desires that oppose the fear based programing of an ego-driven mind. This powerful, elusive and mysterious level of consciousness, which is referred to by many as the “Soul”, the “Higher-Self”, or the *’Heart Space Awareness”, has been said to operate energetically within the general space of the human heart, where energy and matter can cross path, and create in oneness, the highest potential of all human experience. “Heart Centered Awareness”, for the lack of a better word,

represents knowledge without explanation, and clarity without conflict. In this space, information is not subjected to the filter and censorship of the analytical mind. Thus it can cut through and bypass the mind limitations of fear, pain and suffering, and effortlessly synchronize one with the highest good, highest potential, and highest purpose of one's life.

Needless to say that the transference of power from ego-leadership to Heart-leadership didn't prove to be an easy wisdom or a smooth ride. But the encouragement that I felt for my slightest efforts, and the rewards of freedom that I received from my slightest accomplishments, were so staggering, that they made such a challenging task, well worth pursuing. With every limiting and self-sabotaging mind connection that I severed, and every new and expansive Heart connection that I established, I let my ego-mind know that there's a new sheriff in town.

Almost everyone knows that an un-tamed mind is incapable of making wise choices. Yet, not everyone knows that the wise choices that are responsible for the graceful manifestation of our true destinies can only be made by a fully conscious, obedient and trained mind that is in a willing cooperation with the wisdom of one's awakened Heart-space. To live one's life, under the supervision of a mind that is bound by the pull of the ego, resembles swimming against the flow of a wild river. One would be in constant struggle just to remain afloat. And with no hope of ever getting anywhere. With a mind that's tamed and obedient however, one can experience one's life as a delightful ride on a calm river that effortlessly flows one

around every rock and obstacle as it dutifully carries one towards the designated destiny.

As I continued to work with the process of mind-mastery, I came to the awareness that **life is a grand happening that's happening "because" of us. Not "to" us, or even "for" us.** In other words: **that which is done unto us; is always done by us.** Be it consciously, or un-consciously. And as creators, we choose from moment to moment, to create our realities under the direction of a fear driven, egoic-mind, or the inner wisdom and freedom-flow of Heart-Space sovereignty. To claim otherwise, would be to play either the victim or simply a third-party recipient, at the mercy of the grace, or wrath of an external God. Personally I find it far more empowering to co-create my destiny in collaboration with a Creator that's already a part of me. Because once that's done, oneness with the Creator of "All that Is", would become an inevitable next step.

One could argue, and I agree, that we all start the game of life with a certain set of pre-destined circumstances that some scientists call "the Un-conscious Drive" and "Genetic Blue Print". Just judging from the genetic, social and environmental context into which we are borne, one could claim that some of us are dealt a "seemingly" good hand, while others are dealt a "seemingly" rotten hand. Yet no matter how unfavorable one's set of circumstances are at first; in the game of life, similar to a game of cards, a skillful player will often emerge a winner. Under opposite circumstances, a person of little to no skill may start out with a "great hand" and end up losing everything. To play the game of life skillfully and gracefully, one requires

the skill of knowing and owning one's multi-level mind, while simultaneously releasing the hidden potentials of one's Heart.

In this book I intend to explain, that in order to accomplish a conscious Heart-mind re-connection and Heat-Space re-activation, we are required to **evolve, elevate and increase the performance of energy within our mental, emotional and energetic bodies**. I will explain in details, why taming one's mind, hence owning one's destiny, would require a significant amount of energy and substance. In short, we need Energy (as in personal power or substance) to manifest and create lasting and effective change. Because energy is the catalyst that makes it all happen.

In my own dedication to the understanding of the laws of graceful manifestation, I have religiously practiced every popular technique from positive affirmation to visualization, meditation, mind-full self-observation, etc. Until I was able to document and gather the steps and the techniques that I experienced to be very useful even in the toughest cases of mind dis-obedience. And I named this book after the most rewarding of these techniques: "Energy Evolution" and the "Let Go to Let In" technique.

"Energy Evolution" and the "Let Go to Let In" technique, in a nutshell, is the technique of moving out of the struggles of a "survival-driven" life style, into the ease and pleasure of a "preference-driven" life style. We are entitled to that. That's what we are all here to do. And yet, some of us don't have enough personal power, energy or substance to exercise this right. This process, as I mentioned before,

would require the conscious “Letting Go” of the mind manifestations of suffering, in exchange for the Heart manifestation of bliss.

Those amongst us, who are generally happy and satisfied with how their lives have turned out, don’t need to learn or apply any techniques. But those of us, who are still searching for the fulfillment of our true desires, can claim what’s ours, and make the necessary changes, with the understanding and applications of the principals of manifestation. The following are some examples of such principals:

- One needs to be **willing** to “Let Go”, release, or give-up something that one is **attached** to, before one can create the space and the energy to “Let In” something new. Change necessitates openness and willingness in one’s consciousness. If we resist change, change will undoubtedly resist us.
- It takes energy to create, manifest and maintain any form of reality. Under equal circumstances, people with low mental, emotional and physical energy, can’t manifest as easily as those with high levels of personal power and energy.
- We are constantly creating our reality by matching the patterns that already exist in our brains. That’s how the unconscious mind is programmed to believe something is possible or desirable. If the conscious mind believes and

desires one thing and the unconscious mind is programmed for the opposite, the unconscious mind always wins.

- In the face of adversity, the first course of action is to accept the circumstances of our lives, as they are presented to us. Negating them, keeps us energetically entangled with the very circumstances that we so hope to be free from. Rather, we can choose to patiently, gracefully and attentively learn the lessons that the moment has to offer, as we unwaveringly hold on to the vision of the ideal circumstances.
- One must always put ones attention and gratitude, on the portion of the glass that is half full. And avoid religiously, the urge to give any energy to the other half that's seemingly, not full yet. Because science has proven that there is no such a thing as empty space. Your glass is always half full in potential.
- People suffering from chronic fears and worries, or other negative habits and patterns, will have a hard time manifesting positive and uplifting changes in their lives. Because while the mind is busy wasting vital energy in the maintenance of negative thoughts and emotions, the subconscious mind will continue to manifest more of the same, if not worse.

- One must give that which one wishes to receive. Look around you. That which you have; is what you have been giving, in one form or another. If you like to change what you have, change what you give.
- The love of self, sense's, the love of all that is, and vice versa. You can't have one without the other.

Some of the above facts and formulas of manifestation have already been explored, and talked about by other teachers and writers and many of us have applied them with utmost sincerity and discipline, and yet, to no avail. One of the reasons is that some of these formulas are missing one very important ingredient: the application of "energy". So I started adding energy to all the techniques and formulas of manifestation, that had previously left me disappointed, and they started working like magic.

The fact is that the knowledge of energy as the main source of evolution is not a new idea. However, the acknowledgement of vital energy as the main source of manifestation has not yet been thoroughly explored, dissected or explained in any practical way. It is one thing to agree that it's a good idea to "Let Go" of a negative habit or pattern, and it is another thing to actually know how and to what purpose.

I am writing this book with the understanding that we all have our own unique set of circumstances, and most of us need to design our own

individualized process of manifestation and transformation. Therefore I have accumulated as many approaches and variations to the above mentioned techniques as possible, so that you may be able to mix and match, as well as, break down and explain to yourself, all the elements that positively or negatively have affected your personal power and destiny.

**“You carry within you, all the ingredients,
to create an existence of joy.
Mix them, mix them.”**

-Hafiz

The practice of “Letting In” begins with the important commitment of “Letting Go” of one’s addictions and attachments to counter creative emotions and concepts. The following are some of the most common of such human attachments and addictions that we could all do well to “Let Go” of.

LET GO OF “MISERY” TO LET IN “JOY”

LET GO OF “FEAR” TO LET IN “LOVE”

LET GO OF “WAR” TO LET IN “PEACE”

LET GO OF “MIND” TO LET IN “HEART”

LET GO OF “GREED” TO LET IN “MORE”

LET GO OF “PAST” TO LET IN “CHANGE”

LET GO OF “KARMA” TO LET IN “GRACE”

LET GO OF “HATE” TO LET IN “HARMONY”

LET GO OF “EGO” TO LET IN “HIGHER SELF”

LET GO OF “WORRY” TO LET IN “HAPPINESS”

LET GO OF “SELF HATE” TO LET IN “SELF LOVE”

LET GO OF “OBSESSION” TO LET IN “BALANCE”

LET GO OF “ATTACHMENT” TO LET IN “FREEDOM”

LET GO OF “JUDGEMENT” TO LET IN “COMPASSION”

FOREWORD

LET GO OF "HUMAN NATURE" TO LET IN "OVER MAN"

"OUR SO CALLED "HUMAN NATURE" IS PRECISELY WHAT WE SHOULD DO WELL TO OVERCOME." - Nietzsche (in "Thus Spoke Zarathustra")

As we perceive the totality of our humanness through self observation, we gain access to the amount of energy (*Chi, life force, substance, personal power, etc.*) necessary to "let Go" of the qualities of the mind that no longer serve us, and open the doorway to spontaneously "Let In", the qualities of the highest part of our humanness, which is often referred to as the "Soul", "Higher Self"(higher consciousness), or as Zarathustra (*Persian prophet 600-1200 B.C.*) called it: The "Over Man". As we gradually "Let Go" of the domination of our human nature (ego-mind), we allow the remarkable merging of "ego- man" with "HU (God)-Man", which can only take place in and around the wisdom and vulnerability of our fully activated "Heart Space".

The sheer wonder of this unavoidable journeying back to our own hearts, thus far has been avoided by our collective minds, and therefore lost in translation to many of us. So much so that only a few have consciously attempted to journey it, and even fewer have succeeded. After all, how can one desire beyond survival and necessity, that which the mind cannot comprehend or accept as useful? The truth is that total freedom from human nature is admittedly not in every one's current life purpose, however, commanding one's destiny for the purpose of manifesting a joyous, fulfilling and shining life style can and should be every one's priority.

Important note:

The concept of "Human Nature" can often be confused with human instinct. Therefore, in the interest of clarity, I've made the following comparison chart:

INSTINCT

INSTINCT + UNCONSCIOUS MIND = HUMAN NATURE= EGO

(NEGATIVE HABITS AND PATTERNS OF THE MIND)

Necessary Fear

Panic/Anxiety, Chronic (unconscious) fear

Authentic Anger
Resentment

Rage, Anger lasting more than 5 minutes, Chronic

Love

Obsessive/Greedy/Needy infatuation

Sex

Sex Addiction, Perversion & Pornography

Jealousy

Envy, Un-reasonable bitterness/spite

Power

Pride, Prejudice, Control, Belligerence, Violence

Primal need for Security
Insecurity/Shame

Chronic Offensive, Defensive behavior,

Grief, sorrow

Misery, despair, Depression

Creative Passion, Eagerness

Obsessive/Compulsive Ambition